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DEFYING THE LAWS OF NATURE

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1,500 CIRCUMCISIONS
15 SHAMELESS READER PICS
11 NEW CINEMALAYA FILMS
1 DISFIGURED PENIS

P150
JULY 2011
THE NO. 1 MAGAZINE IN THE PHILIPPINES

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SCREW EDSA

CHEAT TRAFFIC WITH ALTERNATE ROUTES

'HONEY, YOU'RE IMPERFECT!'

LEARN TO LIKE HER FAT ASS, FLAT CHEST AND SKINNY LEGS

YOU TO THE RESCUE

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THE END TO 55 YEARS OF LOSING?

CHAMPIONS MAY BE THE NU BULLDOGS' NEW BATTLECRY

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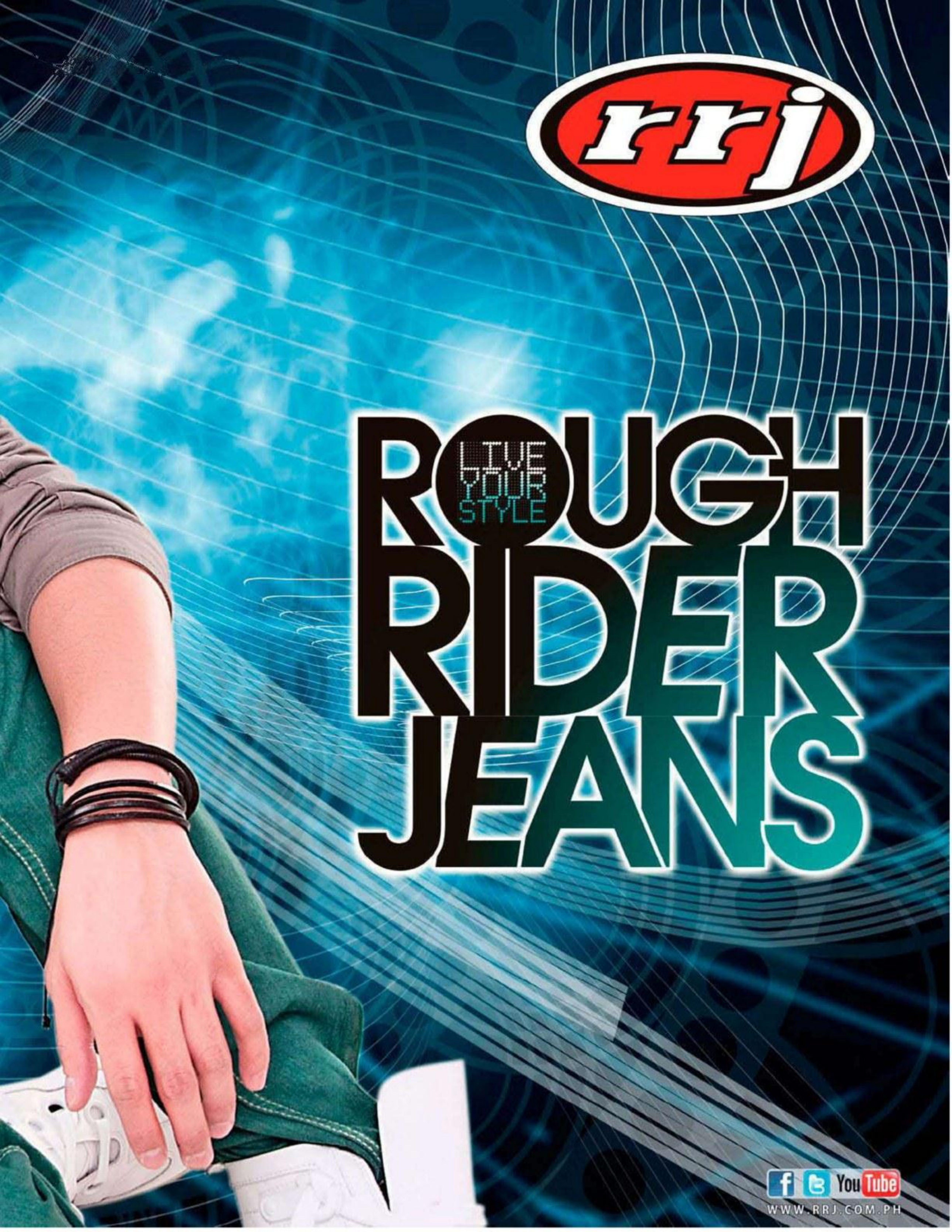
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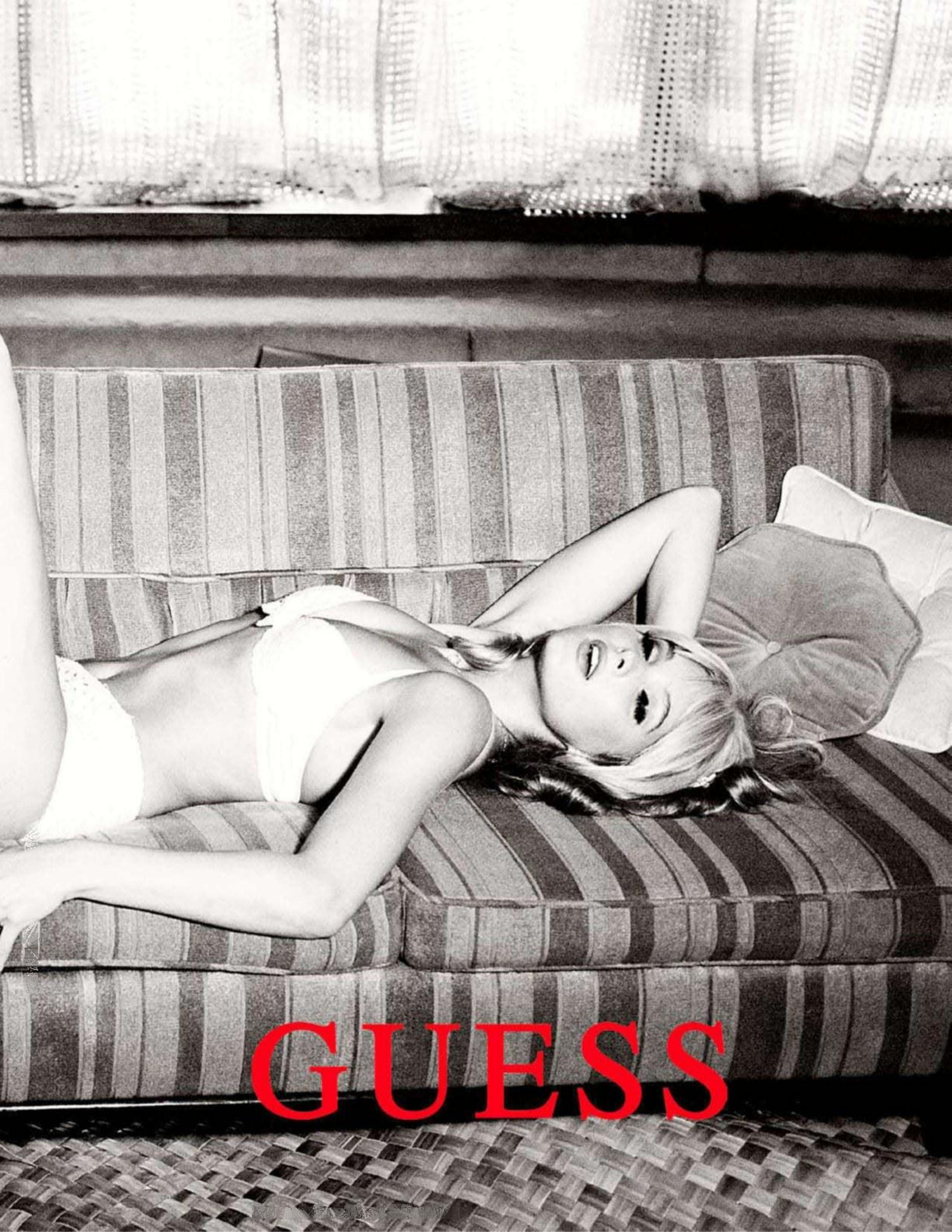
GUESS

DEBBIE DOES PONY

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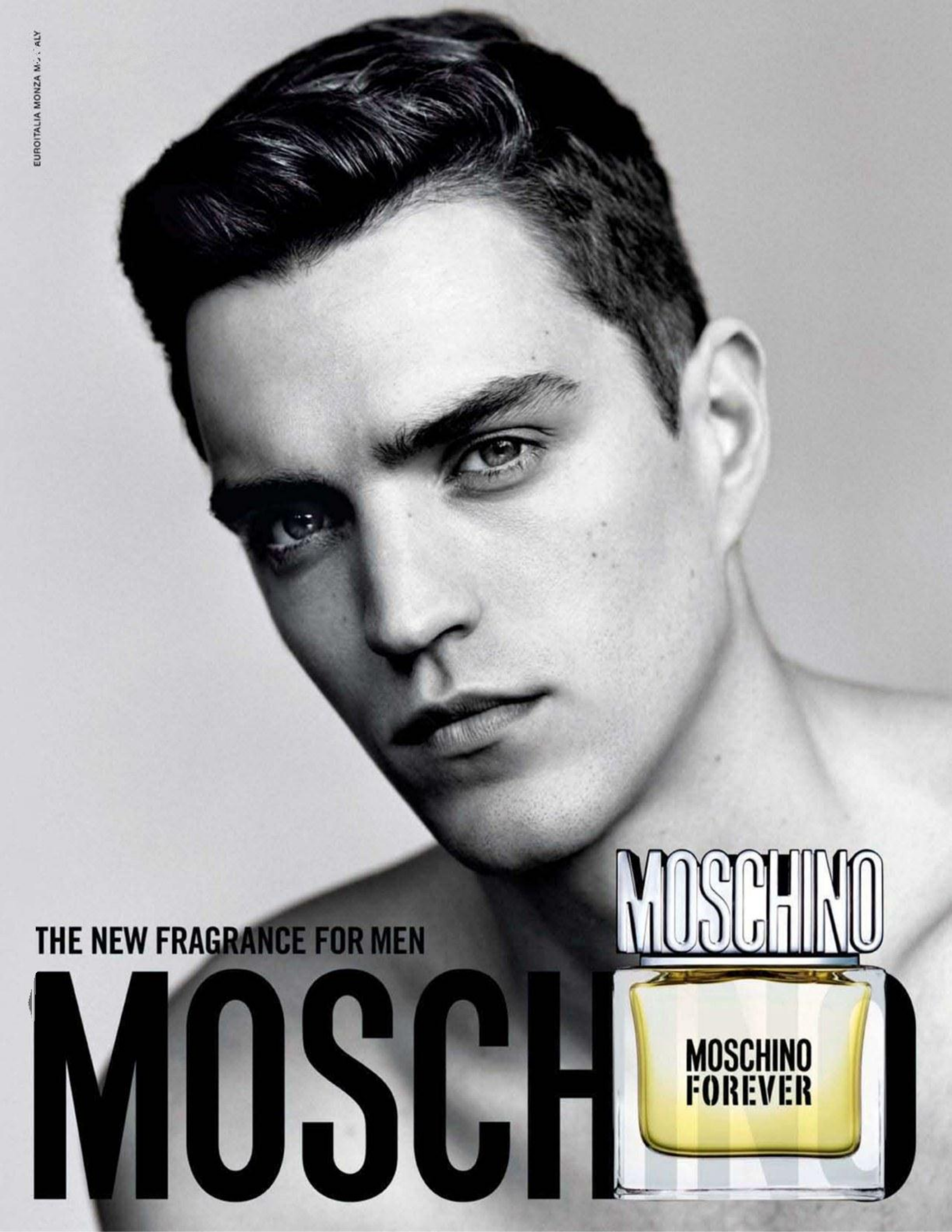
PHOTOGRAPHY: DAIRY DARILAG; JERICO MONTEMAYOR; JOSEPH NEBRIDA; REUTERS / TOMAS BRAVO, ILLUSTRATION: BOISEI MALICDEM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TEAM SHEET

THINGS WE DID THIS MONTH...

The universe gifts us with women of timeless appeal and Eula Valdez is manna from heaven. Her sophomore cover proving to the world that age is but a number.

Gelo and Ron Jay of fhm.com opted for full-kili kili exposure. Caked deo: messy.

Hamming it up with Korean model Jinri Park. *Annyeong haseyo*!

Stef Presscot channels Julia Roberts, flashing a warm smile at the *FHM* Nation. We melt.

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ERRATUM

In January 2011, we published an article entitled "Plastic Not Fantastic" to look at the issue of credit card debt and its impact on consumers, with specific focus on some reportedly dubious credit card collection practices made by collecting agencies.

On the opening spread, we used a photo of an American Express credit card taken from the Reuters archive. The said photo was used merely for illustrative purposes. The article, on the other hand, was primarily about credit card debt and collections. There was no intention on the part of the magazine to attribute the said collection practices to American Express or to disparage the company in any way. We kindly reiterate that the story was made to address the problem of credit card debt and collection, and not the companies that issue them, American Express in particular.

We acknowledge an oversight has been committed and sincerely regret any misinterpretation that the use of the photo may have caused. We commit to be more prudent in the use of similar images in the future.

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GRADE A

Holy Mother of God! I really loved the articles in your June 2011 issue, not only Stef Prescott's

primetime glow. That's what you call a men's magazine. "Back 2 U," "The Economics of Sex," and "Live Ink" were outstanding. I have finally decided on a koi fish for my tattoo. I have a crush on Misa Campo, I miss her so much. So please post this soon. Thanks for rocking my world, *FHM*.

Jay Cayas, Cavite

Kristofer gets a Men Expert gift pack from L'Oreal Paris.

A message from the oft-flooded *FHM* inbox

"I implore you future picture senders to limit your submitted snaps at 80KB to 1MB! Have mercy!"

LETTER OF THE MONTH!

ONE MAN'S JUNK...

Last February, I saw a man pushing a *kariton* that contained about 35 issues of *FHM*. I asked him if I could buy them. When he sold the magazines to me, I felt the need to continue what the magazines' previous owner had started. Now my collection is growing and I'm loving *FHM* more and more. More power to you and keep rocking!

Kristofer, by email

COLOR THEORY

My husband and I celebrated our first anniversary last May 15. We remembered our wedding motif—aqua blue and brown—when we saw the color scheme of your May cover. We were astonished because it was very timely for our big month. When we celebrated our anniversary, we took pictures that were inspired by Rich Asuncion's cover. I would like to thank you guys because we have learned a lot from your magazine, not only the *mahalay* things but different stuff, especially things that show the real things in life. That's why my husband has a complete collection of *FHM*. He started collecting when he graduated from college and until now, every last day of the month, he would drag me to a magazine stand to check if the new issue is already out. As my anniversary gift, I would like to surprise him also by writing to you, believing that someday he'll see himself in his favorite magazine.

Jill, by email

RICH ADDICTION

Rich Asuncion is one of my crushes in showbiz and I am glad you chose her as your May cover girl. I've always been an avid fan of your mag but this May was different from the others. Keep up the good work and God bless you all. I promise to support your magazine forever.

Mr. Addicted, by email

KUDOS

FHM! Good job. I commend you for your June issue. The risk of putting Stef on the cover was indeed worth it. I also love the articles; I hope you continue to surprise us, especially with your cover girls. This is one of my favorite issues for this year, along with the March and May issues!

Calixpogi, FHM bullboard

NEVER APART

I left for Qatar last June 10. Please include me in your July issue because it's my fourth anniversary as a collector. I know there's still a way to read *FHM* while I'm in Qatar. I promise to buy *FHM* regularly to combat homesickness.

Drich, by email

PERFECTION

I know there are a lot of people who want their letters posted in your mag. I will really appreciate if you will pick mine.

I want to surprise my YABS on her 22nd birthday this July. She will be really happy to see our picture on *FHM*. I really love her. I know God made her perfect for me.

Yubby, by email

GALLERY

GUTSY

This is for my cousins who think you won't post my picture. I just want them to know I still have the guts. Thank you so much, *FHM*! More power!

Clarise, Parañaque

FOR THE WIN

I want to make her feel that even if she was third runner-up in our *barangay*'s last beauty pageant, here in *FHM*, she is a winner. I love you, LJ!

Kalvin Garcia, by email

TEMPTING

This picture with my officemates was taken last June 4 at AMANA Water Park. *Temptation Island ang dating*! Thank you and more power!

Eizel, by email

WATER BABY

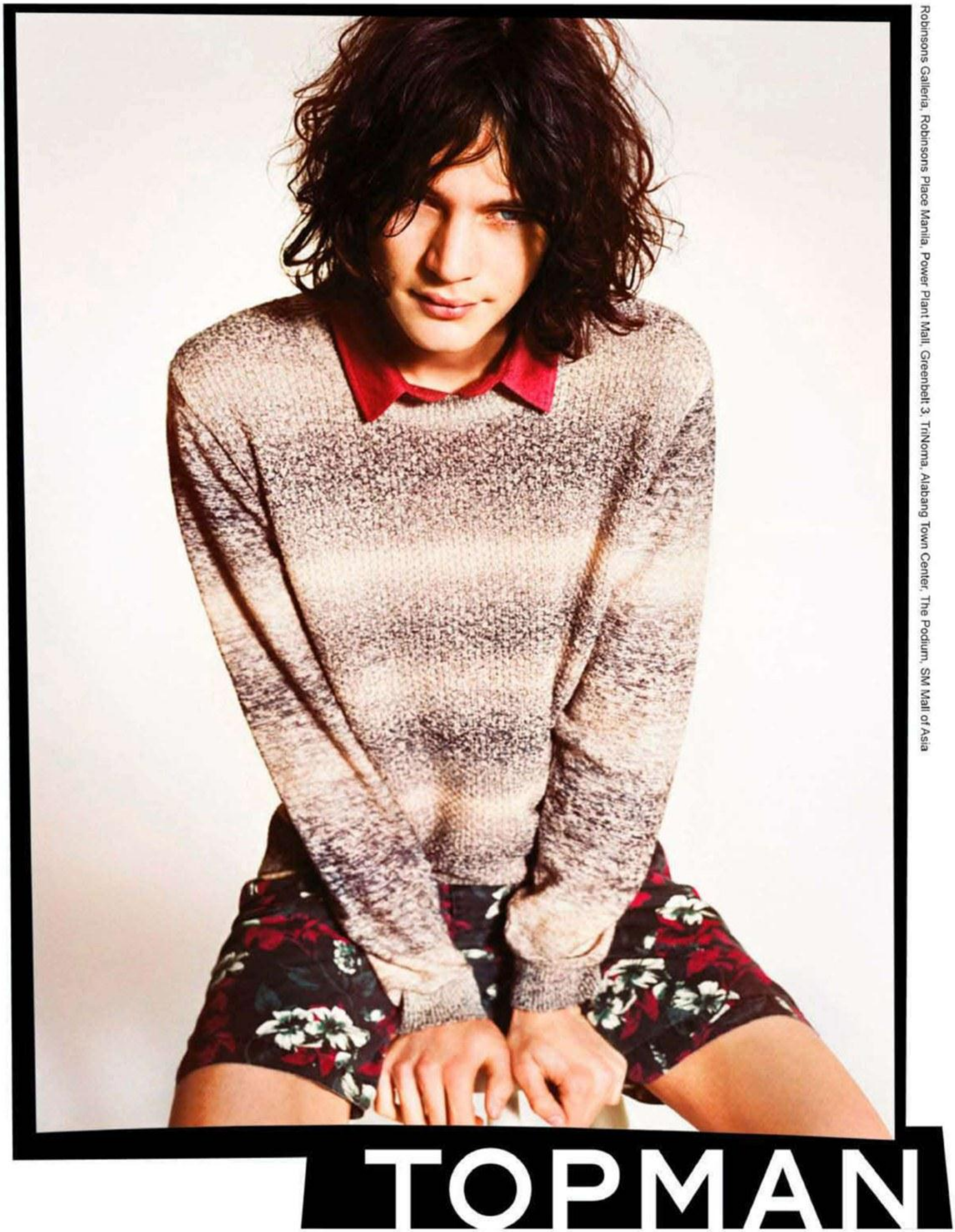
Hi *FHM*! I want you guys to post this underwater pic of mine. This is to surprise my BF. Hope you guys can fulfill my wish. I love you!

Inah, by email

VACATION VIRGIN

This was our first out-of-town trip in my whole life. My husband and I will celebrate our 10th wedding anniversary in December.

Mutya, by email



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WHAT A HAUL

I've never missed buying *FHM* since 2008. I also purchase back issues. I used to get your back issues from Filbars and Booksale. Also, every two weeks, I visit bookstores along Recto Avenue to get more back issues. Last May, I couldn't find any back issues in Recto, so I availed of a two-year *FHM* subscription to get two more back issues. I would love to see my picture posted in your next issue. Thanks.

Limuel Montalbo, Laguna

REPENTANT

I'm really sorry for breaking her heart. As the picture shows, this is very important to me. I'm sure she'll be happy and surprised to sees this. She's very important to me and this post is my gift for the both of us.

T_T, by email

DREAM COME TRUE

I'm always updated about *FHM*. As a new model, it inspires me and I wish I could be one of your models one day. I am a member of fhm.com.ph and I signed up so I can post my photos. Some of them have been uploaded already! I wish that one day I could see my pictures in the Letters section. I really love *FHM*! It will be a dream come true.

Dulce Franco, by email

PEP TALK

I have been reading your magazine since I was a freshman in college but it was just last December 2010 that I have decided to collect your mag. It has been my new obsession for the past seven months and counting. My friends and mentors sometimes address me as the *FHM* addict and they are right. Ha ha! By the way, this is a picture of my very close friend, Rachell "Majal" Gamlanga, taken in Boracay last May 2011. I want to take this opportunity to greet her a Happy 21st Birthday on August 10. She is also an *FHM* addict like me. She actually wants to be a model but she doesn't have the confidence in herself. I know she has what it takes to be one. Maj, this is my gift to you. Just believe in yourself. We are always here. I love you.

Chiva Marie, by email

THE PROPOSAL

I want to surprise my Muchi and make her a part of my world and *FHM* by finally proposing to her. To my Muchi: I know it's complicated and it's against all odds, but still I know that I really love you, Muchi. Let me love you and take care of you. I love you Muchi *ko*. Will you be mine? PS: Please post this picture of our ring as a sign of my love to her. I will be forever grateful to you for publishing this letter.

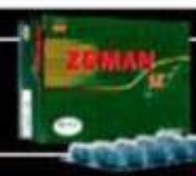
***V.A.*, by email**

BEST DAD EVER

My dad, being the most dedicated doctor in our town, is also the best Papang in the whole world and undeniably a huge fan of *FHM*. He has influenced my hubby and I to read your mag and we surely enjoyed it. I hope you'll make him a part of your magazine by posting his pic. He just turned 65 last June 26 and this is our birthday and retirement present for him. To Papang, we love you so much!

Camille, by email

WHO THE HELL ARE YOU



Mark gets a gift pack from Zeman

INTRUDER OF THE MONTH

Wow, legs

"This picture was taken last year in Lake Balinsasayaw, Dumaguete City," MARK writes. "The 'intruder' is the guy behind my leg. I didn't even know he was there until someone commented about him on Facebook."

Magenta much?

Perfect *na sana ang* picture *namin* last Holy Week at the Philippine Military Academy, Baguio City," laments CARL. "*Kaso* that girl behind us ruined our masterpiece. *Sayang ang* pose!"

Bad cadet

"It was the last day of ROTC in UPLB," BART says. "My Brod Piolo and Sis Guia from the UPLB Forestry Society and I posed for a picture in the UPLB grandstand. Then an uninvited cadet shared in our moment!"

GALLERY

ALL THAI-D UP

This is my first time to contribute, and I want to surprise my Bhuddy in Thailand. I'm going there in July and I hope you'll post this. It is my anniversary gift for her. Thanks.

Madyekstik, by email

THE MADNESS

Vacation just ended and I just got my bag packed and ready to leave Manila! But I made sure I grabbed a copy of my favorite collection. *FHM* madness!

Kate Erika, by email

THE BELIEVER

I want to surprise my girlfriend for her birthday this July 23. She doesn't believe she's sexy enough to pose for *FHM*. I love you, Michelle, and I'll be always be here for you. Hope we can be together.

Josh, by email

WYNONA FOREVER

There are only two things that I really love in this world: my guitar and my *FHM* collection! Please post this picture of my guitar Wynona and my *FHM* collection.

Victor, by email

HEY LOUIE

I've been an avid collector of *FHM* magazine for two years now. Please publish my picture as gift to my best buddy Louie, also an *FHM* magazine collector, for his upcoming birthday on August 8. I love you *FHM*.

Paulo, Davao

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ARTFER

THE BOSS

After delivering this stunning picture, we say yes you are, Charmaine Yamamoto

Like coffee, 19-year-old model Charmaine Yamamoto, who we met and photographed one very lazy (for us) morning, was a certified wake-upper. With her Oriental looks and Latino derriere, she freed us from a hangover we often find ourselves having after a night's debauchery.

She plays the piano and enjoys painting. She's also a licensed midwife. And when asked of her idea of sexy, she replies: "Sexy is beautiful. It's art."

Indeed it is.

You're a mix of different nationalities—Filipino, Spanish and Japanese. Which one do you most identify with?
Filipino. Because I was born and grew up here so I'm Pinoy.

Aside from modeling, what keeps you busy?
I play the piano and guitar. I also sing, although not professionally. But what I really love to do is sketch and paint.

An artist!
When I was in high school my paintings were usually displayed in our school's exhibits—most of which *di na binalik sa akin, may kumuha na*, ha ha!

And when you're not busy being an artist?
Well, I'm a licensed midwife, although I feel *na hindi yun yung* line *ko*. That's why I plan to study Architecture this school year.

Cool. How would an artist and a studious girl like you define sexy?
Sexy is beautiful. It's art. And *hindi naman porke't sinabihan kang* sexy, *bastos na yun* or what. I also think being sexy should come from within. You should exude it. *Dapat kahit naka*-jeans *or* shirt *ka lang pwede kang maging* sexy. But that's just me, other people might think differently.

We don't. What do you think is your most stimulating part?
My hips, *malaki raw kasi*.

We agree. And how do you take care of them?
Ang taba ko nga eh, ha ha! I'm a hearty eater and I can't really explain why. I once tried going to the gym though.

If you were a guy, would you go for the voluptuous type?
I'm not really sure. But definitely I'd chase after *chinitas. Mas nakaka-catch kasi ng* attention *ang mga katulad kong chinita*, ha ha! Love your own kind, *di ba*?

And the same goes for men who chase you?
I like tall men. *Siyempre maputi rin dapat*. My boyfriend is actually Spanish-Chinese—I'm Spanish-Japanese—so *minsan singkit mata niya, minsan naman malaki*, ha ha!

What pisses you off?
Jealous and meddlesome people. Take for example my boyfriend: he didn't want me to do this shoot, even though he knew that I wanted to do it. He was thinking I was doing something *bastos, pero sabi ko nga*, being sexy doesn't necessarily mean you're *bastos*. And as far as my boyfriend goes, *siguro ang dapat lang niyang pakialaman ay kung manlalaki ako*, ha ha! But when it comes to my personal life decisions, I'm my own boss. **FHM**

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

VITALS

Name: Charmaine Yamamoto

Age: 19

Profession: Model

Where you'll (likely) spot her: "Near Seaside Boulevard and SM Mall of Asia and "anywhere that's quiet and where I could relax"

PHOTOGRAPHY: RIA REGINO; INTERVIEW: BEBI UMAL; STYLING: CY BREE; MAKE UP: ARCHIE TOLENTINO FOR MAYBELLINE; HAIR: CHRIS RODIL FOR L'OREAL PROFESSIONAL. SHOT ON LOCATION AT PRIMERO ROOM 526, 3/F THE FORT STRIP, BONIFACIO GLOBAL CITY, TAGUIG

HOOPS CRAZY

THE COLLEGE BASKETBALL FANATIC

Also known as your classmate/officemate/friend/*lolo* who bailed out of his responsibilities just to be at the game

Generally in full fanboy form during late June to early October, the fanatic knows the full name of every single player in his alma mater's basketball squad. He also knows all the meaningful stats of every player. And when asked how he would assess his team's previous performance he'd end his answer in mid-tears—regardless of whatever ranking his team finished. But if he's the quiet type, refer to the following signs...

[redacted]

CAMERA

The fanatic's photo shoot starts when one of the fanatics points the camera to his face and blurts, "*O* picture, picture!" The others immediately gather around him to showcase their biggest smiles and wackiest poses. At the end the game, win or lose, the picture is immediately uploaded on Facebook to tell the world how proud he is of his school. Tagging of fellow fanatics follows suit.

THE GAME FACE

Or the *angas* look. Expect him to maintain it all throughout the game. But watch him flash his *pa-cute* smile when the TV cameras pan among the audience to spot the face of the game. Face paint optional for the extra committed.

COLOR-COORDINATED OUTFIT

Be it a shirt, jacket, cap or long sleeves, a fanatic will only wear an outfit that represents the color of his school. His cap would usually have his school name. His shirt and wristband have the school cheer written all over it. Probably also sporting the latest cool design of some enterprising student's burgeoning school-themed T-shirt business.

ROSARY

A staple even among nonsectarian schools, the rosary is every fanatic's last resort. He sees it as a secret weapon—holding on to it, fervently praying for a miracle that would make his team emerge victorious in the dying seconds of the game. He believes that through the rosary, the heavens would intervene and rule in favor of his team.

HIGH-TECH TWEETING GADGETS

He acts as the Quinito Henson of the World Wide Web, tweeting and updating his Facebook status with every turning point of the game so his more studious (read: actually stayed in school) classmates can receive up-to-date info about the game. A tweet with a sad face is expected when his team loses.

FREEBIES

Bandanas, oversized styrofoam hands, thunder sticks, flags, balloons, fans—these are just some of the freebies that a fanatic eagerly receives from companies sponsoring the college basketball action. Once received, it is clutched feverishly and waved energetically, often blocking the view of those behind him. Post-game, it isn't thrown away and instead becomes memorabilia proudly displayed in the fanatic's room.

WORDS: ANTONIO ONGCHAP JR.; ILLUSTRATION: MIKKE GALLARDO

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'Look, an invisible watermelon'

CREEPIEST WOMAN

MARIA CRISTERNA—VAMPIRA!

...is far unlike the 100 hotties we're celebrating this month, but she has a title of her own: Scariest

Where most of today's vampires are sparkly and gay (*Twilight*), Maria Jose Cristerna is a straight female of 35 who looks like this. The Mexican tattoo artist and once lawyer-in-training stole scenes and was dubbed Mujer Vampira (vampire lady) at the Expo Tatuaje, an international tattoo expo in Monterrey, Mexico four months back, where she was an exhibit all her own: multiple tattoos and piercings on her face, flesh tunnel on her ears, ink covering nearly every visible inch of skin. She also has titanium and dental implants to simulate horns on her head and fangs on her teeth.

Of course, the mom of four's self-reinvention wasn't born out of mere propensity for *papansin*. "The horns are a symbol of strength. I had the implants done without anesthetics," she tells British daily *The Sun*. Maria says her "who's-scared-now?" look was rooted in a history of experiences involving beatings and violence at home, saying, "I studied at a religious school. Fell in love, got married at 17, followed a career. I wanted to make things right." The moral of the story being: better your *misis* doing the beating than you beating her.

Marilyn Manson's sister loves feathers and leather

OTHER MARYS

...WHO LOOKED NOTHING LIKE CRISTERNA, BUT REEKED EVIL OR SMUTTY IN FORM AND REPUTATION—OR WE JUST MISS THEM

WHO: Queen Mary I (or Bloody Mary)
WHAT SHE DID: Remembered for briefly returning Catholicism to England—violently. Protestants went extinct at the time via a default death sentence or leaving the country in fear of the gallows.

WHO: Maria Alvarez, of *Maria Full of Grace* (2004)
WHAT SHE DID: Served as drug mule to Colombian heroin, got herself pregnant from a penis she didn't like, lacking overall socially acceptable traits of *binibini*-hood while depriving you gratuitous boob shots.

WHO: Maria Assunta Tiotangco Schaivone-Ledesma
WHAT SHE DID: While quite the opposite of floozy, but in fact a proper hot lady who happens to be married. Gracing us with two sensational covers, then leaving us forever is criminal. And evil.

WORDS: KHYNE PALUMAR; PHOTOGRAPHY: REUTERS / TOMAS BRAVO

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MANLY BLADES

...that are more sophisticated than guns. Go slice something with these

Ninjas use them. So do samurais, Blade and John Rambo.

And, according to Nino Lopez of X.O knives—a by-appointment store for custom-made, already made, collectible, fancy and generally pretty blades coming from the finest knife makers in America, South Africa and Europe—you don't go buy one for protection. "Majority of the people who buy knives here use it at most to cut fruit or for camping," he says. "Mostly they just appreciate the art that goes into it, the markings and because of the artist."

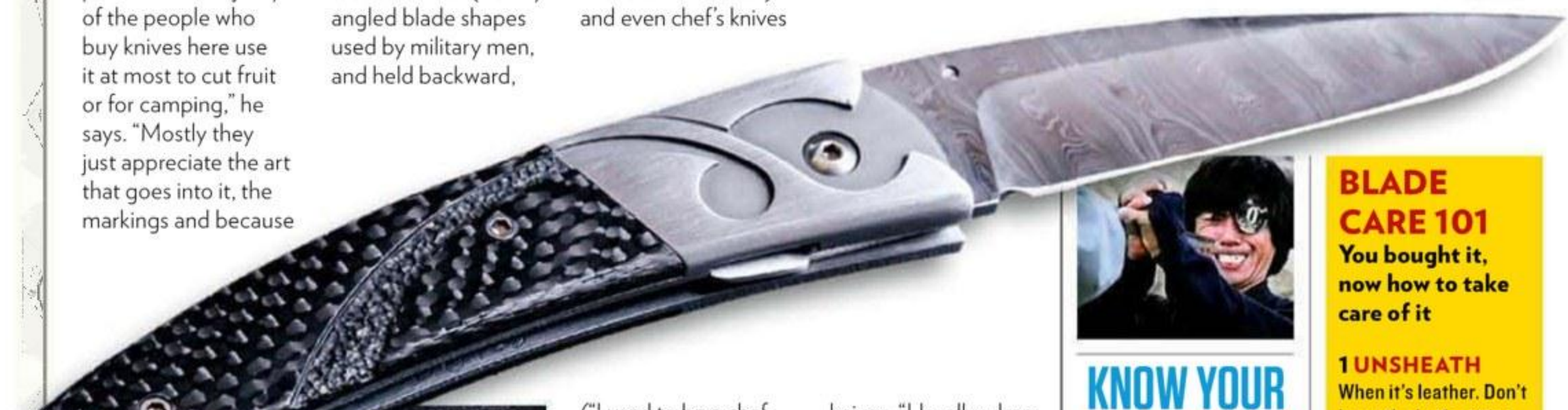
Their clientele includes politicians, lawyers and business people. The cheapest item at the moment is around P6,000 while the most expensive is around P50,000.

Why that high? Well, again, these are no ordinary knives: Neck knives (with holders and strings light enough to wear around your neck), tactical knives (weirdly angled blade shapes used by military men, and held backward, blade facing owner), hunting knives (less threatening in appearance, but more practical), folding knives (non-permanent blades you can fold, and which are mostly handcrafted).

They also have a handful of old swords, an almost-*arnis* (made in Batangas, bears no other name other than the "bastard child of the baseball bat") and even chef's knives ("I used to be a chef, and all my chef friends come to me for proper knife sharpening," says Nino).

But if you really want to go hardcore, we suggest you go with their pop culture or movie knives. "Usually when there's a demand for a macho-looking knife it's because people saw it in action movies," says Nino. "That's why we have the *Rambo* knife."

And in their case, Rambo knows best.



KNOW YOUR KNIFE MAKER

Every good knife owner should

WARREN THOMAS
Called the golden child of knife making because he was one of the first people to use titanium and carbon fiber in knife production, which made his knives lighter but just as competent as the heavier ones.

P.M. PARRIS
Makes only 12 knives a year, and makes it using the tooth and tusk of an almost a quarter million year-old fossil of the wooly mammoth. Yes, he's cool.

BLADE CARE 101

You bought it, now how to take care of it

1 UNSHEATH
When it's leather. Don't leave the knife sitting in there untouched in a glass casing forever. Let it breathe every once in a while. "It's the same with shoes and your feet. If it stays there too long, there's moisture and humidity. Only moisture in blades more or less leads to rust," warns Nino.

2 WIPE AS YOU GO
Your fingers produce sweat, sweat is acidic, acidity in blades equals rust. Even fingerprints can cause damage. So wipe and wipe well. "As long as it's something that doesn't leave lint or traces."

WORDS: KHYNE PALUMAR; PHOTOGRAPHY: DAIRY DARILAG; X.O. KNIVES IS AT 86 MARI CALARA ST., BRGY STO. DOMINGO, QC. VISIT XOKNIVES.WORDPRESS.COM AND SCHEDULE APPOINTMENTS AT 0917 732 9888

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Babalu's foreskin: rubbery

MANG KEPWENG LIVES

CAN *FHM* SET A WORLD RECORD?

SuperBonngg! goes head to head with 1,500 foreskins to prove we can!

I heart the '80s. And not only because of the music, hairstyle and fashion, but because that was the decade I truly became a man.

One summer, my *tropa* and I came face-to-face with Mang Karding, our neighborhood's *manunuli*. Back then, a doctor's operation was a luxury, so commoners had to gallantly face the *labaha* of a *manunuli* to earn the right to be called a *binata*.

So when my hometown of Marikina City announced it was gunning for the Guinness Book world record for having the most numbers of boys circumcised in a day (the target was 1,500), I decided to join in the cutting.

Day of foreskin mutilation, volunteer groups from the from University of Santo Tomas Medicine and Surgery fraternity Tau Mu Sigma Phi tell me I should at least have medical training if not a degree in medicine to even wield a cutting knife.

Reason why you see me here dressed as an *albularyo*. Afraid of cutting whole penises off children, thereby excising their very futures, I resort to folk psychology: I use the opportunity to measure just how tough the kids' resolve to become a man were.

I approach a group of boys and ask them if the *pukpok* method appeals to them more. (see: panel on how *pukpok* works) They run away. Little chickens.

As I prowl for those willing to submit to the *labaha*, a doctor corners me and explains why we just don't do *pukpok* anymore.

"*Mas malalakas na ang mga bacteria ngayon kaya* we're not endorsing that old method," says Dr. Jose Fabian Cadiz, one of the key organizers of the "Mega Tule." "The patient will be exposed to tetanus and infections with that," he adds. I instinctively cup my jewels.

I press on with more thought-provoking questions.

"*Eh* Doc, *bakit maraming babaeng* nurse *dito?" Baka mangamatis ang mga bagong tabas.*"

"That condition is just blood clots. It's normal in an operation and it's a matter of cleaning the wound properly,"

"Okay. *Totoo ba* Doc *na pag supot uhugin ang magiging anak?*"

"That's not true. Being *uhugin* or not is a matter of hygiene. But did you know that recent studies show that being uncircumcised helps lower the risk of some cancer?"

At day's end, 1,500 foreskins were shed. *Chicharon* anyone?

HOW *PUKPOK* IS DONE

DOCTORS SAY IT'S UNSTERILIZED AND UNSAFE. SUPERBONNGG! SAYS IT'S *PANG-TUNAY NA LALAKI*.

1 The *manunuli* sets up his instruments: The "*lukaw*," an L-shaped wooden branch, the longer part is pinned down to the ground while the shorter stem (carved so it fits between the foreskin and the head of the penis) will hold the penis; *Labaha* or ordinary knife; any kind of stick (the *pamukpok*); white cloth (with a small hole in the middle) and a string—this will be the gauze; *bayabas* leaves for its supposed antiseptic properties when chewed.

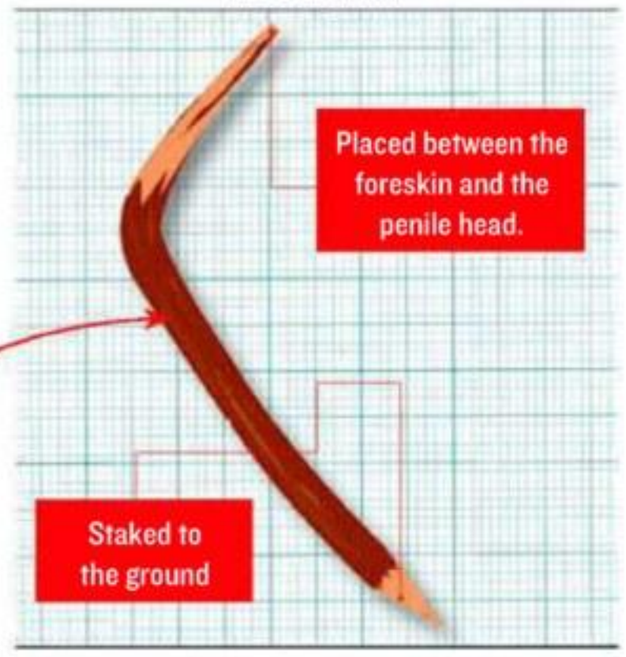
2 The patient is made to sit astride in front of the *lukaw* and the penis is prepared for the blow. The patient will start chewing *bayabas* leaves.

3 The blade is put on top of the foreskin, it is then struck hard with the *pamukpok*.

4 The chewed bayabas leaves are placed on the cut and the piece of cloth (the hole is for urinating) will be tied around it.

'Hindi ito parang kagat ng langgam'

LUKAW



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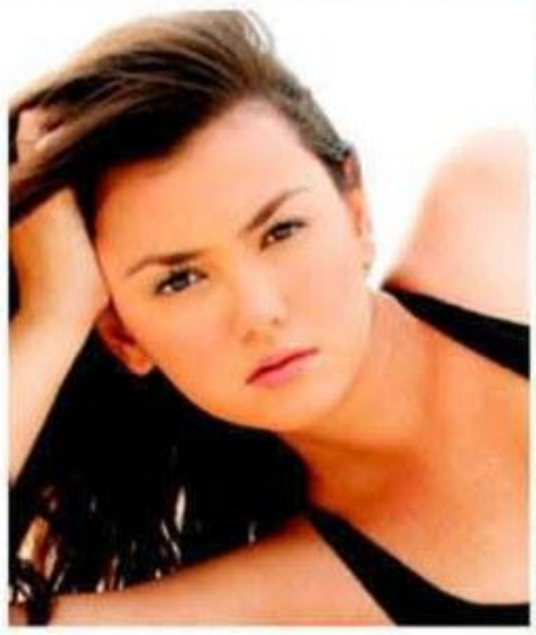
MAD FOR 100 SEXIEST

PIECE HER TOGETHER

We ask: Which *FHM* babes' parts are you going to get to create the perfect sexiest Pinay?

"Maggie Wilson's seductive, striking eyes!"
Jason Vergara



"The face of Angelica Panganiban!"
Neth Enriquez

"Cristine Reyes's vital stats and Iwa Moto's eyes!"
Ismael John Mallanes

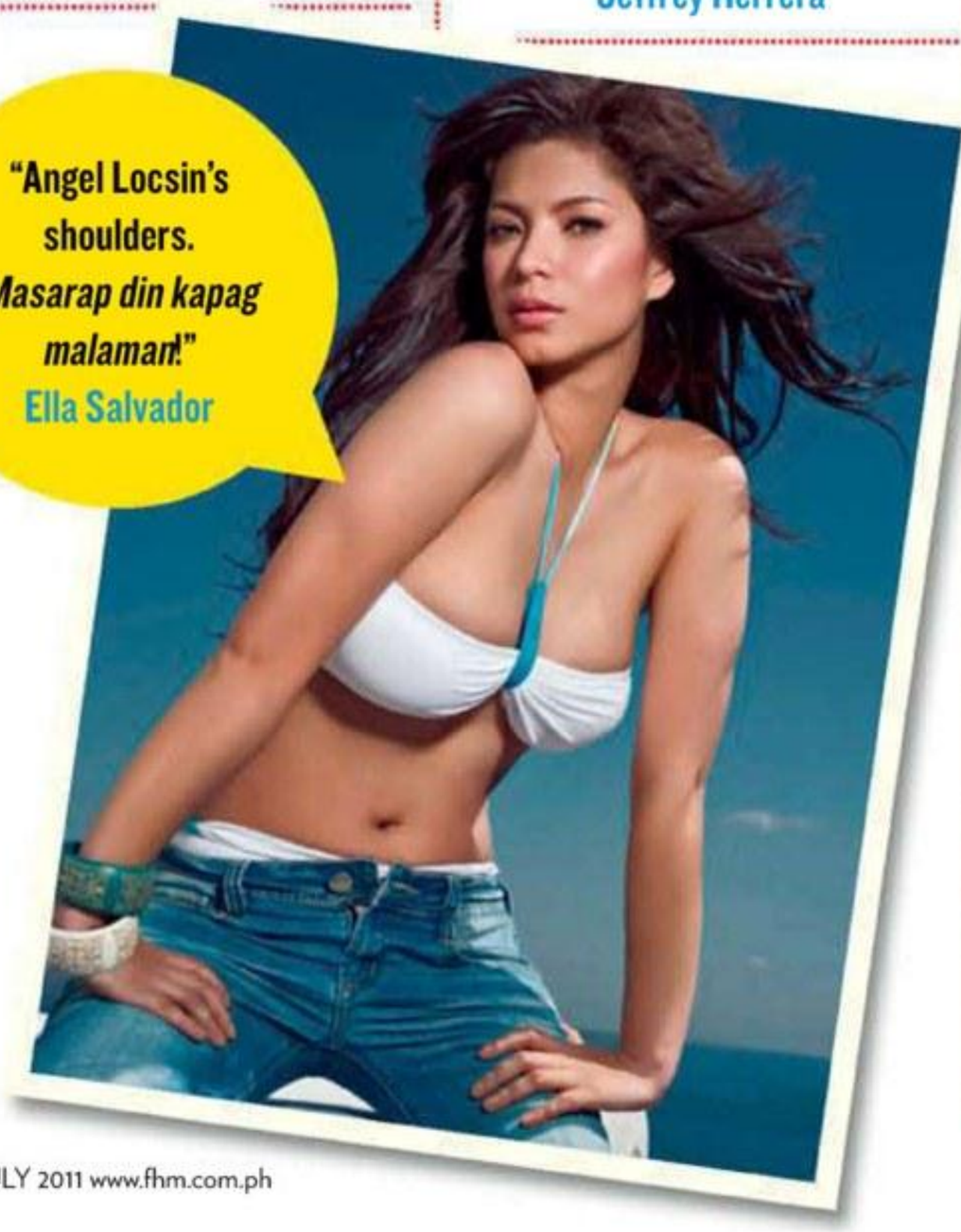
"I love Ellen Adarna's hair, so sexy!"
Jesse Campos

"The Madrigal sisters combined! Michelle's awesome complexion and Ehra's epic knockers seals the deal!"
Jeffrey Herrera

"Xaviera Iglesias has got the perfect pair of side curves! *Tamang malaman lang!*"
Charles Moncada

"Wendy Valdez' ripped figure, from her arms to her abs, is super attractive."
Mike Cotoner

"A sexy back, courtesy of Cristine Reyes in your 2009 issue!"
Benjie Salazar



"Angel Locsin's shoulders. *Masarap din kapag malaman!*"
Ella Salvador

"Kristel Moreno's spreading legs are not to be missed. *Yun ang cover eh!*"
Mark Anthony Bisnar

MAN-SCHEDULE

Where you should be, and what you should do this month

JULY 2011 – DICK FLICKS
It'll be like a local version of Comic Con this month: Autobots and Decepticons, a great American hero, a ripped DC legend, and a now-adult wizard are all set for release this month. We'd tell you to best prepare and skip the long lines, but then again the most loyal of fans love to camp.
PLAN FOR IT: July 1 - *Transformers 3: Dark of the Moon*; July 15 - *Harry Potter and the Deathly Hallows Part 2*; July 17 - *Green Lantern*; July 22 - *Captain America: First Avenger*

JULY 3 – AZKALS VS. SRI LANKA
Some good news for football fans: the upcoming Azkals game will take place at the Rizal Memorial Stadium, which means we—in this case those privileged to score tickets—get to watch it live and in the flesh. The match between the Philippines and Sri Lanka will determine who advances n the ongoing Asian qualifiers for 2014 FIFA World Cup in Brazil.
PLAN FOR IT: Catch the *makalaglag-panty* action on Studio 23 or visit www.azkals.info for ticket information

JULY 8-10 – INTERNATIONAL PAINTBALL CHAMPIONSHIP 2011
Are you ready to get shot...with paintballs? The Clark Field Parade Ground in Pampanga will host the third leg in this international series. Four divisions each comprising of 20 teams from different Asian nations will duke it out for paintball supremacy.
PLAN FOR IT: For inquiries, contact Leo Sy at 0923-2518022 or visit www.unitedpaintballersphilippines.com

JULY 28 –INCUBUS LIVE IN MANILA
The alternative rock band will make a detour at the Araneta Coliseum as part of their If Not N ow, When? World Tour, named after their seventh studio album. It'll be the third Philippines gig for Incubus, which means Brandon and the gang love us—it's up to you to show love back.
PLAN FOR IT: Visit www.ovationproductionsmanila.com for more info

JULY 31 – 35TH MILO MARATHON (MANILA ELIMINATIONS)
One of the most anticipated annual running events, the Milo Marathon, will stage its 35th run starting with the Manila eliminations. Get ready to get your Coach Rio on.
PLAN FOR IT: Visit www.nestle.com.ph/milo/marathon/default.html for more info

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READER-SENT INANITIES

SHAMELESS—ASSEMBLE!

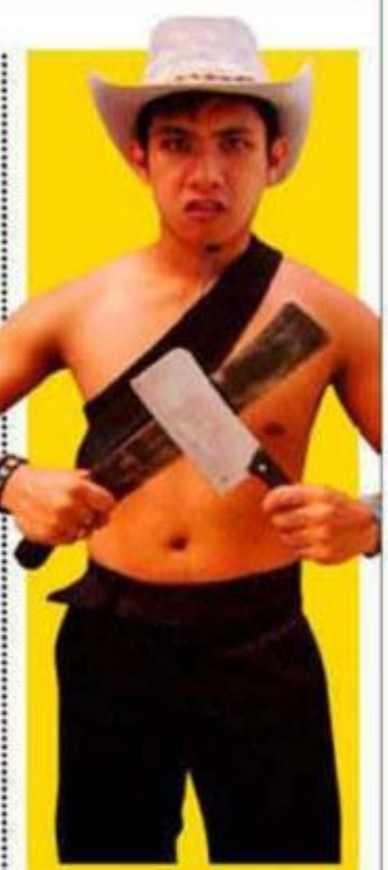
Months' worth of readers hustling for freebies using nothing but brute man-parts, comedy, persistence and naked shame

FREE LUNCHES ARE NON-EXISTENT. HUMAN, PLANT AND ANIMAL BIO SYSTEMS HAVE TAUGHT US THAT IF YOU NEEDED FOOD/MONEY/SCRAPS OF LUXURY, YOU NEED COMBINED PATIENCE, TIMING AND ENDURANCE TO OVERRUN AND SINK YOUR TEETH INTO FINE ZEBRA MEAT (LIONS), WILL FLOWERS AND NICE SMELLS INTO PRODUCTION, THEN GET *NGALAY* FROM OPENING YOUR MOUTH TOO LONG SO YOU CAN SNAP AT FOOD PROSPECTS THAT WILL FEED YOU (VENUS FLYTRAP), USE MATH AND YOUR BIG NOSE TO LOCATE FISH FOOD (SHARKS), SEND REACTION-INDUCING SNAPS LIKE THE GALLERY OF PHOTOS ASSEMBLED HERE FOR COOL, COOL STUFF (*FHM* READERS). LUNCHING IS HARD.

WINNERS! Check out www.fhm.com.ph for the full list of lucky photo senders or you could wait for ou hardworking markwting peeps to holler at you through email.

YES, YOU: Arniel Arellano
RECEIVED / RECEIVING: Aloha Boardshorts T-shirts
IN EXCHANGE FOR: Nekkid belly dangling.
Dude poses well. Ambitioning *FHM* babes take cue.

YES, YOU: Brian Hernandez
RECEIVED / RECEIVING: Celestron Binocular
IN EXCHANGE FOR: Close-up body parts.
It looks sleazy up close, but really that's just his *sakong*, and a mole!



YES, YOU: Cristi Calvelo
RECEIVED / RECEIVING: IM Victorinox huntsman lite
IN EXCHANGE FOR: I'm-an-expert-meat-slicer face.
This picture emphasizing exactly what won us over, but what won us more was this heartwarming caption: "I LOVE *FHM*, I ROCK *FHM*, I BLEED *FHM*"

YES, YOU: Jose Jeffrey Mendiola (and sister)
RECEIVED / RECEIVING: IM Premium Chiseled Fountain Pen
IN EXCHANGE FOR: Huddled fountain-*wisik*-ing.
Dude probably figured, better his sister than him looking sissy. We let it go this time.

RUNNER UPS NO YOU DIDN'T WIN, BUT AT LEAST YOU HAVE THESE

MEAT SLICER FACE

SENDER: Philip Arthfloyd Binuya

SENDER: Hamzah Tillah

CLOSE UP BODY PARTS

SENDER: Presly Mapanao

SENDER: Lendel Kenrick Bea

BELLY DANGLERS

SENDER: Michael Angelito Punzal

SENDER: David Franco

AND A FEW PERSISTENT PEOPLE WHO'D BE WINNING EACH TIME AFTER ALREADY WINNING TWICE IF WE HADN'T THOUGHT: GIVE OTHERS THEIR CHANCE, MAN

Joselito Fangonilo

Richard Mamuyac

WE'RE GIVING AWAY STUFF!

A PILE OF FREE STUFF FROM WORLD OF WARCRAFT!
Now five years old, the trading card game series gives you this worldbreaker epic collection guaranteed to make every collector and card player pee. How we're handing it over: snaps of you in the toilet with one hand on unseen winky while holding cards in the other is fine.

FROM MAGIC: THE GATHERING!
Another perk of the card game turning 15—this Dragon Collection Limited edition boxed set! Made of 15 dragon cards printed in distinctive foil, plus an extra dragon previewed from the Shards of Alara expansion. What you need to do to get it: wrap your face in aluminum foil and send in the snaps. Fangonilo

WARHAMMER FANTASY: ISLE OF BLOOD BOXED GAME!
This third celebration of another gorgeous card game is yours in exchange for photos of you crouched inside a man-sized box. Angry. With a hammer.

Send all three photo candidates for giveaways no later than July 25 to fhmphil.stuff@gmail.com only.

WORDS: KHYNE PALUMAR

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BAR ROOM JOKES

The hysterics go on overdrive with two speedsters, a drunken ex-GF and *lola* energizer

THE QUOTE MACHINES

#3 MARLENE AGUILAR

JOKE OF THE MONTH

KEEP GOING

A little old lady, well into her eighties, slowly enters the front door of a sex shop. Obviously very unstable on her feet, she wobbles the few feet across the store to the counter. Finally arriving at the counter and grabbing it for support, she asks the sales clerk, stuttering, "Dddooo youuu hhhave ddddiillllldosss?" The clerk, who's trying hard not to laugh, replies, "Yes we do have dildos. Actually we carry many different models." The old woman then asks, "Dddddoooo yyouuuu ccaarrrryy aaa pppinkk onnee, ttenn inchessss lllong aaaandd aabboutt ttwoo inchessss ththickk, aaandd rrunns on bbaaatteries?" "Oh, yes we do," proudly answers the clerk. The old lady shots back, "Dddoooo yyooouuuu kknnoowwww hhhowww tttooo Ttturnnnn ttthe sssuma aaffa bbiiiitttccchh offffff?"

Dylan Anthony, by email

AFTER SEVEN

A man and his wife are dining at a plush restaurant. The wife notices that her husband keeps staring at a drunken lady swigging her drink as she sits alone at a nearby table. The wife asks, "Do you know her?" "Yes," sighs the husband, "she's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since." "My God!" says the wife, "who would think a person could go on celebrating that long?"

Jason Raymundo, by email

FAR UP

A man and a woman were dating. She, being of a religious nature, had held back the worldly pleasure that he wanted from her so bad. In fact, he had never even seen her naked. One day, as they drove down the freeway, she remarks about his slow driving habits. "I can't stand it anymore," she tells him. "Let's play a game. For every five miles per hour over the speed limit you drive, I'll remove one piece of my clothing." He enthusiastically agrees and speeds up the car. When he reaches 55mph on a 50mph zone, she takes off her blouse. At 60 off were the pants. At 65 she unhooks her bra and at 70 ditches her panties. Now seeing her naked for the first time and traveling faster than he ever had before, he became very excited and lost control of the car. The car veers off the road, goes over an embankment and hits a tree. His girlfriend is not hurt but he is trapped. She tries to pull him free but he was stuck. "Go to the road and get help," he tells her. "I don't have anything to cover myself with!" she replies. The man felt around, but could only reach one of his shoes. He hands it over to her and says, "you'll have to put this between your legs to cover it up." So she did as he said and climbed to the road for help. Along came a truck. The driver, seeing a naked, crying woman along the road, pulls over to hear her story. "My boyfriend! My boyfriend!" she sobs, "he's stuck and I can't pull him out!" The truck driver, looking down at the shoe between her legs, replies, "Ma'am if he's in that far, I'm afraid he's a gonner!"

mon_dragon005, by email

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Dylan Anthony gets Dial for Men products from Unisell

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BAD DRIVER, UNSWEET LOVER

Q: Why are men like cars?

A: Because they always pull out before they check to see if anyone else is coming.

Rhea, by email

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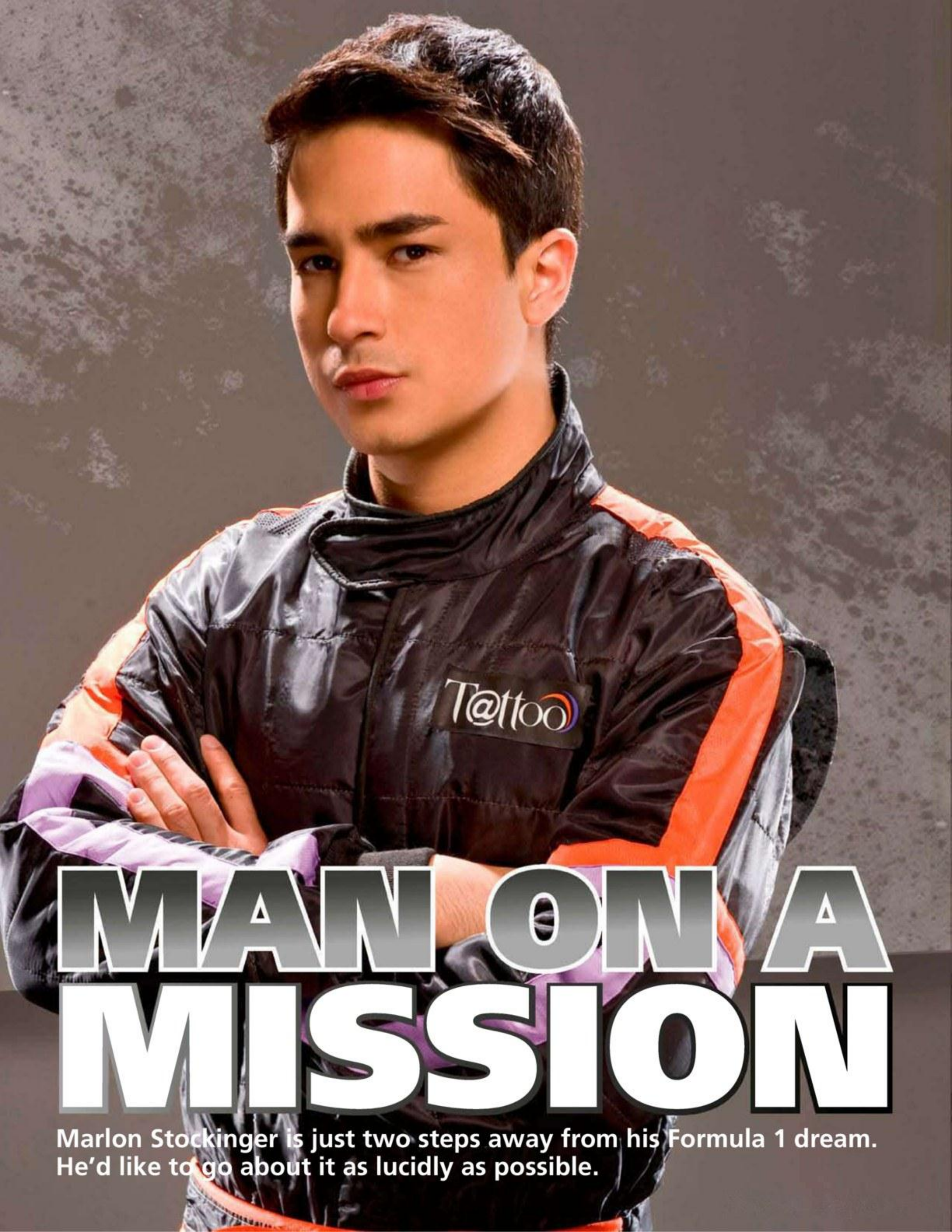
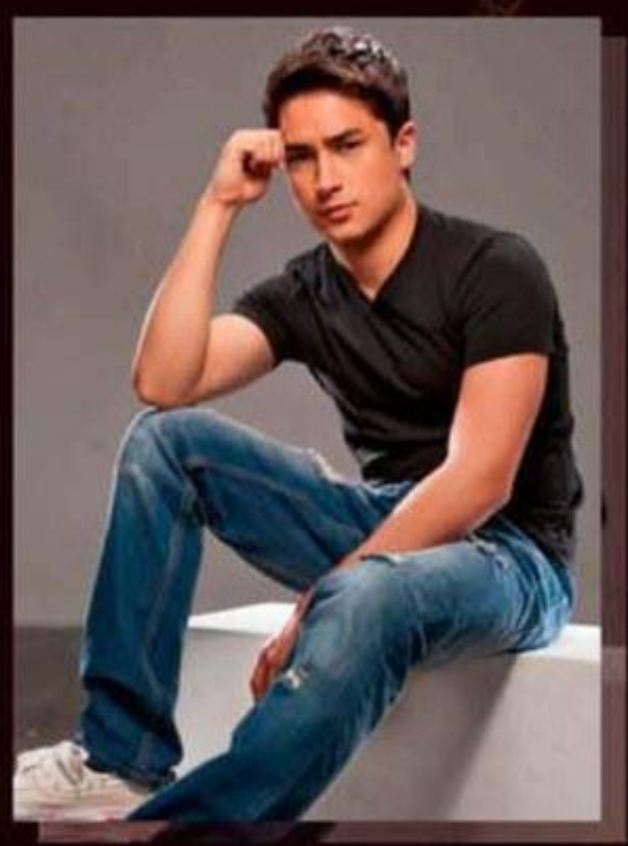


MAN ON A MISSION

Marlon Stockinger is just two steps away from his Formula 1 dream. He'd like to go about it as lucidly as possible.



You can't wave off Marlon Stockinger as quickly as you'd wave off a fly. You can't brush off his race wins as just some speed junkie's quick fix. You can't think of him as just some overnight sensation, a flash in the pan.

Because once you see Marlon Stockinger on the track, should you be lucky enough to even catch a glimpse of the one-time Asian Karting Champion on track, you know Marlon's got magic. The boy's got that need for speed.

"Yeah," Marlon jumps to agree, "I used to brag to my friends that I could go over 100kph. It was pretty cool. But I was 12 then, so by now I'm used to it. After a while, you learn that speed is just one part of top performance. There are other things you need that will make you a winner." He doesn't sound like the 20-year-old dude that, yes, he actually is.

He speaks like a man who's clocked in some major mileage and in many ways, that is true. Motorsport has him winning, losing, traveling; it's seen him speeding up, slowing down, getting tired, getting lucky, living life at high speed. Right now, he is just two levels away from Formula 1; in this turbo-charged day and age, he could be just a blink of an eye away from reaching his goals.

And to think, he says he's is no rush. "Chill," Marlon says. "I like to live my life to the fullest every day. I think that's how you can make the most out of it, without being in such a hurry."

When you think about it, it's a pretty clever way of looking at life, and it's not surprising the laid-back perspective comes from one who has such an intimate relationship with speed.

"Speed is important but it's not the defining factor that makes you good," he says philosophically. For Marlon, it is only one part of how good you actually are. Though, don't get him wrong, speed is cool. "But it's not the biggest factor."

For Marlon, it's about doing it right. And "if you want to do it right, you have to give it a certain amount of time. It has to fall in place. If you take too long, or if you rush it, it could fall apart. It's not the right way," he says patiently.

Speed is just one indicator. What matters is how well you put it all together. Skill and drive (no pun intended) are just as crucial. Perhaps Marlon is also gifted with timing, another element of time, but equally important as speed. Both are graphic demonstrations of Marlon's motorsport passion; and at the end of the day, it's that passion that separates him from the pack and makes him a winner. It's where his life pretty much begins and it's a most ridiculously terrific life.

Being chosen as a new face of Tattoo, the Globe-powered broadband internet brand, is yet another testament to this semi-charmed kind of life. "Not many people my age can say they're doing these things," Marlon enthuses. "It's a cool experience so yeah! I'm very happy. But I'm also very grateful that it's all working out [for me] in a positive way."

"I think [being chosen to represent Tattoo] shows I've been doing well. It's a realization of my dream slowly coming true. This is part of my job and I'm so happy that I'm doing my job on a daily basis now. It's happening here in the Philippines, happening when I'm racing, happening when I'm abroad. I love that I get to live my life to the fullest.

Tattoo is helping me make that happen." Perhaps, it is precisely because of this, precisely because Marlon is living his life to the fullest, that Globe chose Marlon to represent Tattoo. Being able to live life without limits is exactly what Tattoo, with its speed and high-performance service, empowers you to do, after all. That Marlon happens to be just as fast, reflecting Tattoo's speed, well, that's just kismet.

PEEK

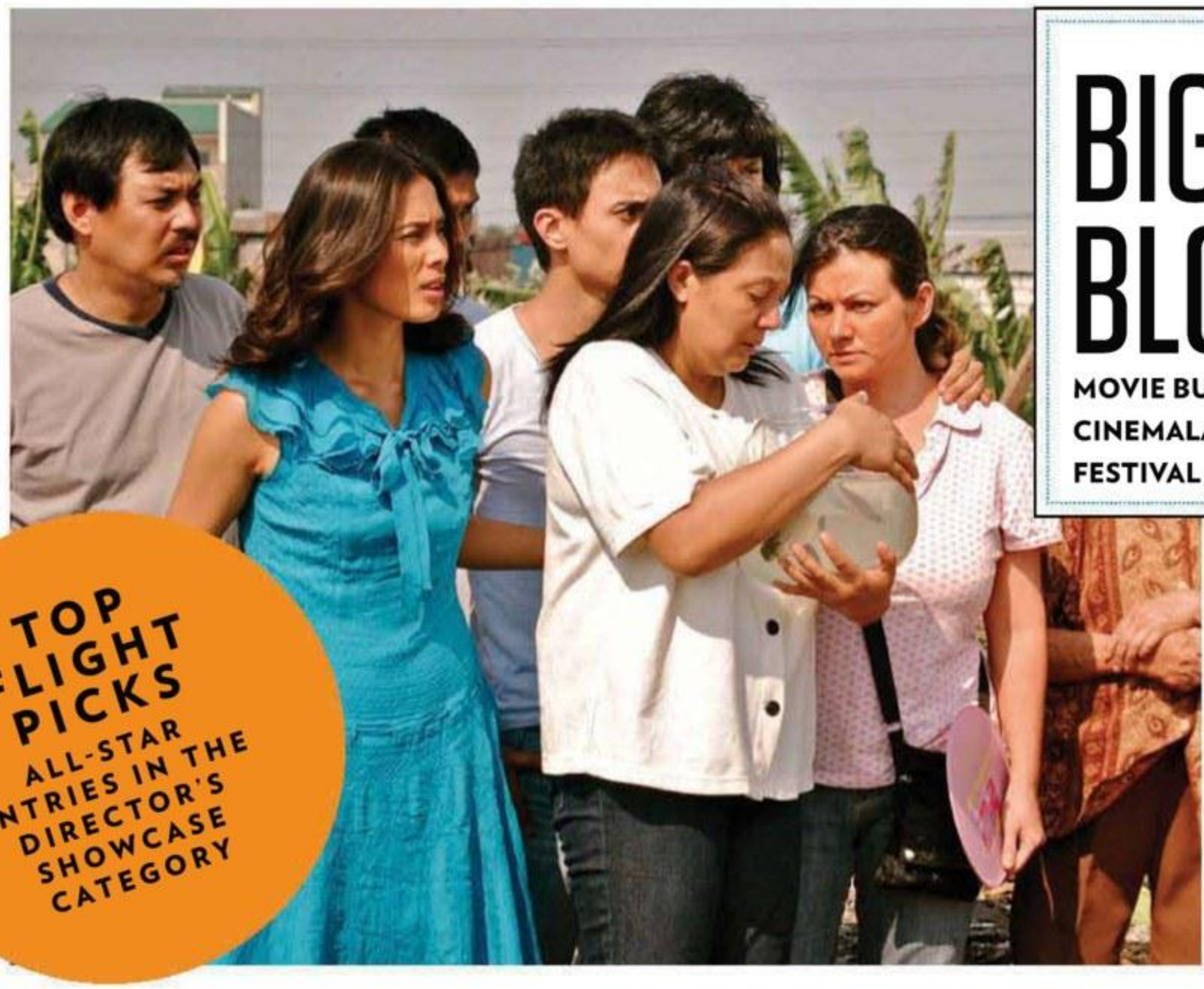
YOUR LEISURE TIME RATED AND SORTED

GAMES FILM MUSIC DVDS BOOKS TV

PELIKULA

BIG INDIE BLOWOUT

MOVIE BUFFS, REJOICE. THE CINEMALAYA INDEPENDENT FILM FESTIVAL 2011 IS UPON US



TOP FLIGHT PICKS

ALL-STAR ENTRIES IN THE DIRECTOR'S SHOWCASE CATEGORY

ISDA
Directed by: Adolfo Alix Jr.
Noted films: *Donsol, Romeo at Juliet*
Who's in it: Cherry Pie Picache, Bembol Roco
Isda retells the true accounts of a woman in the '80s who gave birth to a *dalag*. It was said that even the late Queen of Showbiz Talk Inday Badiday had agreed to serve as one of the "kid's" godmothers. The film explores how communities deal with unexplainable events and the desperations of parenthood. With veterans heading the cast, there's no doubt *Isda* will be another provocative piece. See it if you like your fish to be part of the family than the dinner menu. The premise alone should be enough to jolt your interest. Watch as the extraordinary is told as everyday fact.

BUSONG
Directed by: Auraeus Solito
Noted films: *Ang Pagdadalaga ni Maximo Oliveros, Tuli*
Who's in it: Alessandra de Rossi
Cannes Film Festival has already picked it up this year as part of its Director's Fortnight selection, an honor Solito shares with Lino Brocka, Mike de Leon and Brillante Mendoza. The film, which is part of the Palawan trilogy Solito intends to make, is inspired by the stories his mother would tell him when he was young. The three-part flick dubbed "Forest," "Sea" and "Mountain," revolves around *busong*, or the indigenous Palawan concept of instant karma. Proof that karma can be a bitch.

BISPERAS
Directed by: Jeffrey Jeturian
Noted films: *Kubrador, Bridal Shower*
Who's in it: Tirso Cruz III, Julia Clarete
Jeffrey Jeturian returns to action with a benevolent take on the dynamics of the Filipino family. In *Bisperas*, the Aguinaldo household—headed by an iron-fisted father and an ultra-submissive mother—faces adversity when they are robbed on Christmas Eve. Jeturian deftly depicts the struggles of a typical Pinoy middle-class unit using the Catholic tradition called Panunuluyan. If your devout martyrdom wasn't fed well during the Holy Week and your own screwed-up family is starting to get boring, the film promises a tour of normalcy and the complexities attached to it.

WORDS: ANTON D. UMALI, RICH CHUA; THE CINEMALAYA INDEPENDENT FILM FESTIVAL WILL BE HELD IN SEVEN VENUES AT THE CULTURAL CENTER OF THE PHILIPPINES AND AT THE GREENBELT 3 CINEMAS IN MAKATI CITY. FOR SCREENING SCHEDULES VISIT CULTURALCENTER.GOV.PH; SPECIAL THANKS TO IRENE O. RADA OF CCP PR DEPT., DENNIS EVANGELISTA MONITORING HEAD OF *PATIKUL*, SHARLEEN TAN, MONITORING HEAD OF *TEORIYA*

PATIKUL
Directed by Joel C. Lamangan.
Noted films: *Hubog*, *Sigwa*
Who's in it: Marvin Agustin, Glaiza De Castro

We know what your dirty minds are thinking. Green-mindedness aside, *direk* Joel Lamangan delivers another politically charged drama as he transports us to a remote coffee-farming town in Sulu where the Abu Sayyaf beheads an earnest school principal. Told through the eyes of young students, the movie aims to take on the horrors of local terrorism and how surviving them calls for a braver, united front. If you've ever wondered what it's like to see Marvin Agustin get maimed, better see this. With Lamangan's impressive track record, it's sure to be an eye-opening pleaser. Thematically, the film addresses serious issues such as education and terrorism.

Q&A

JOEL LAMANGAN

THE FAMOUS DIRECTOR ON TERRORISM, DISTURBING AUDIENCES AND GLAIZA DE CASTRO

This is your second time joining Cinemalaya's Director's Showcase category. Is it okay to assume you're enjoying this?
It is truly quite challenging. I've been so disciplined in making movies with a big budget that sometimes I find it hard doing independent films such as this. However, I'm also very excited because it's a different experience.

Your entry this year, *Patikul*, is set in war-stricken Mindanao. What made you decide to tackle the sensitive issue on terrorism?
I always make sure I make advocacy films. My line of commitment as a director is to deal with the social realities in this country. I came across the story when I was a judge for the Palanca Awards. This script, written by former news program manager of GMA's *I-Witness* Kristoffer Brugada, won first prize. The material speaks of the education-deprived children of the town. Because of the war between the Abu Sayyaf and the military, schools were closed and children were abducted.

Thematically, how would you describe the film?
One of the overarching themes that got my attention was education. War prevented proper schooling and I like the idea of parents uniting in order to get their children from small towns to a remote school.

How was it working with the lovely Glaiza de Castro?
I've actually worked with her before. I pick good actors because they're exactly that—good actors! Glaiza fits the role perfectly. The people I choose to work with are not really superstars but actors.

How does it feel competing with your peers in this arena?
Honestly, I am not competing. I joined because I wanted to do films that I like to do. I believe films should relate and films should disturb. Cinemalaya allows me to both relate and disturb.

IN WITH THE NEW

SIX STELLAR ENTRIES TO CHECK OUT IN THE FESTIVAL'S NEW BREED CATEGORY

BABAE SA SEPTIC TANK

Director: Marlon Rivera
Who's in it: Eugene Domingo
In a nutshell: Three filmmakers meet up at Starbucks to discuss a movie they are making. As brainstorming goes, the movie is reinvented multiple times in the mind of one participant. A quirky metafictional take on the process of creating what the industry calls "poverty porn."

ANG SAYAW NG DALAWANG KALIWANG PAA

Directors: Alemberg Ang and Alvin Yapan
Who's in it: Jean Garcia, Rocco Nacino and Paolo Avelino
In a nutshell: This coming-of-age tale of youth chasing after the unattainable is significant because it's inspired by the works of the country's top female poets, who lend their voices to support the plight of marginalized dancers and artists.

TEORIYA

Director: Zurich Chan
Who's in it: Alfred Vargas and Sue Prado
In a nutshell: A personal undertaking for the director. *Teoriya* is about Jimmuel, who returns to Manila from Zamboanga and is greeted by his father's casket. He learns more about dad through the grim reaper and, with the help of key people, comes to terms with his grief, his loss and the importance of family.

I-LIBINGS: 'YOUR LOST, OUR LUCK'

Director: Rommel Andreo Sales
Who's in it: Glaiza de Castro
In a nutshell: Isabel is a typical post-*kolehiyala* looking for a job during a crazy economic climate. She stumbles upon a company called I-libings that uses the Net to bridge the space between loved ones who can't be physically present during funeral proceedings. A look into 21st-century mourning.

LIGO NA U, LAPIT NA ME

Director: Erick Salud
Who's in it: Edgar Allan Guzman, Ricky Davao, Jackielou Blanco, Agot Isidro, Mylene Dizon, John Lapuz
In a nutshell: Based on the book by Eros Atalia, this contemporary love story centers on friends-with-benefits Intoy and Jenny whose casual relationship turns chaotic when one falls for the other. Fuck buddies in love: Complicated.

NIÑO

Director: Loy Arsenas
Who's in it: Fides Cuyugan Asensio, Arthur Acuña
In a nutshell: It revolves around the triumph and decline of the Lopez-Aranda family. Celia, once a prestigious opera singer, is forced to give up her dreams to be a caregiver to a shrewd ex-congressman. Bust out the tissue paper.

BAHAY BATA

Director: Eduardo Roy Jr.
Who's in it: Diana Zubiri
In a nutshell: *FHM* icon Diana Zubiri stars in a comeback role that plays up her dramatic ability rather than her oozing sex appeal. As Maternity Nurse Sarah, she spends her nightshifts observing the different lives of women that enter the hospital. Parallelism takes over as she gets a handle on her own conflicts.

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VIC SOTTO Q&A

THE *WHO WANTS TO BE A MILLIONAIRE?* QUIZ MASTER TAKES THE HOT SEAT

Congrats on the success of your film, *Pak! Pak! My Dr. Kwak!* A part two must be in order.

Thank you! *Pek! Pek! naman ang* title *nung sunod*. Ha ha ha! *Ini-slang ko lang, Pek! Pek! My Dr. Kwek! Magbebenta naman ako ng kwek-kwek dito* (laughs). No, but seriously, *wala pa namang napag-uusapan.*

You're back as game show host. How does it feel?

I'm excited! I think it's more exciting now *dahil mayroong mga kaunting pagbabago* and it's another challenge for me. I always find exciting things to do and this is one of them. Enjoy *na* enjoy *ako rito pag nagte-taping kami o pag pinapanood ko. Ito lang ang* show *ko na pinapanood ko.*

How do we tell apart the suit-wearing Vic from the casual-clothed Bossing?

Wala naman masyadong pagkakaiba yun. Sumasakit lang ang balikat ko pag nakasuot ng suit. Ha ha ha! *Kailangan naka-posing ka parati at nakaayos parati ang buhok ko rito, para maiba lang.*

What is trickier—having celebrity contestants over or regular challengers?

Celebrities. You have to be more careful with them. Although it is also fun *kasi nakakawala sila roon sa* image *ng sarili nila na,* "*Uy,* celebrity *ako! Artista ako na kailangan ingatan ang* image." *Pero pag nandun na sila sa silya, parang naiiba na. Mas lumalabas ang* natural *nila.* So it's fun doing it with them. But *pag* ordinary contestants, meaning non-celebrities, *mas kumportable ako.*

Why aren't you comfortable being called a legend or an icon?

Parang hindi kasi bagay. Parang nakadadagdag-edad! Kapag mga ganyan-ganyan kasi parang mga tribute *na yan.* Ha ha ha!

We see in *Eat Bulaga* that you love helping those who have less in life. Would you consider joining politics in the future like your brother, Tito?

Ang plano ko is to always support my brothers, who are already in public service. I believe *naman kasi* that I can be a public servant without entering politics.

MILLIONAIRE TIMELINE

1998
Cash Mountain is the game show's original working title.

1999
The first jackpot winner worldwide is a guy named John Carpenter. He reaches the final question without using a single lifeline. He calls his dad just to say he'll win the million.

2000
Viva TV franchises the show and airs it on IBC-13 with Christopher De Leon as host. They pull the plug after two years when a fire razes its studio.

2009
The show returns on TV5 with Vic Sotto as new game master.

2010
Sharon Cuneta becomes the Philippines' first top winner, nabbing the P2-M cash prize. The show takes a seven-month hiatus to give way to program changes.

COUCH PARALYSIS

SPARTACUS: GODS OF THE ARENA
Premieres July 1, Friday, 10PM on MAX
CAST: John Hannah, Lucy Lawless
This prequel to *Spartacus: Blood and Sand* takes us to the establishment of the House of Batiatus, a training camp for future gladiators. It's where Quintus Batiatus's (John Hannah) insatiable thirst for power takes root. Together with his wife, Lucretia (Lucy Lawless), they will rely on brute force and nasty schemes to become the power couple to beat.

SALT
Premieres July 10, Sunday, 9 PM on HBO/HBO HD
CAST: Angelina Jolie, Liev Schreiber
Expect no gigantic twists to jolt your senses here, just pure action from start to finish. Jolie is a CIA operative tagged by a defector as a double agent working for Russia. Using her lethal expertise in combat and espionage, she maims and kills everyone who gets in her way. Lara Croft is a nun compared to Salt's deadly ways.

THE EXPERIMENT
Premieres July 16, Saturday, 10PM on MAX
CAST: Adrian Brody
The Stanford Prison Experiment was one of the most controversial psychological studies ever conducted. Half of the 24 men tapped for the endeavor were asked to play prison guards while the other half portrayed the prisoners. This film depicts what happens when morality and basic values break down behind bars.

PHOTOS: BONG GODINEZ

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'Know some girls we can have a sixsome with?'

RIB TICKLERS

COMEDY CENTRAL

FUNNY MOVIES TO GET YOUR SUNSHINY MOOD GOING

MONTY PYTHON AND THE HOLY GRAIL

Who: Graham Chapman *(squatter)*, Michael Palin *(light headed)*

What's it about: King Arthur's quest for the Holy Grail is a story that has been told too many times, but this 1975 *Monthy Python* interpretation is epic. Where else will you see a version of the armored sirs crooning, "We're Knights of the Round Table, we dance whenever we're able/ between our quests with sequined vests we impersonate Clark Gable." From the opening scene alone, it's obvious this British comedy worked on a tight budget. Instead of actual

majestic horses, for example, the noble knights pretend to gallop while riding on wooden sticks. It's this sort of obscure humor you'll see in a film that proudly has no real plot and a satisfying ending. The only thing that fuels this classic is sheer mindlessness.

TADO JIMENEZ RECOMMENDS...

PINOY COMEDIES THAT INSPIRED AND FOOLED

NINJA KIDS

HE SAYS: *"Kasi pangarap ko noon maging* ninja, disappointed *ako kasi walang ganung kurso sa kolehiyo."*

FHM SAYS: Didn't we all want to be a ninja at some point? In Pablo Santiago's 1986 film, the late Francis M. and '80s actor-turned-QC Mayor Herbert Bautista become just that. Their mission: Thwart the reign of terror brought about by Lotus, a sexy vixen in the form of Elizabeth Oropesa.

FAMILY TREE

HE SAYS: *"Mahirap lang kami kaya umasa ako na ang aming puno ng santol ay mamunga din ng ginto at* Beetle car *na nagsasalita.*

FHM SAYS: This 1987 movie is about a poor family who discovers a magical tree that bears gold. Poverty porn that delivers the punchlines. Starring comedic greats like Nida Blanca, Luis Gonzales and Francis M.

ELVIS AND JAMES

HE SAYS: *"Nauto ako! May beach pala sa* Baguio!"

FHM SAYS: A famous bit in this classic: When Elvis and James went to Baguio in their trunks. A tattered yet funny mess.

ALSO CHECK

ROLE MODELS

WHO: Paul Rudd (*shameless*)

WHAT'S IT ABOUT: Energy drink salesmen Danny and Wheeler end up doing 150 hours of community service for a road mishap. What they need to do: Become role models to two equally troubled kids. This bromance is fairly predictable but will gradually make you care about what happens to these delinquents.

IT'S COMPLICATED

WHO: Meryl Streep (*boned*), Alec Baldwin (*stoned*)

WHAT'S IT ABOUT: Jane and Adam are divorced. Come their son's graduation, wine and a romantic ambience reignite their relationship. The hitch: Adam already remarried a young bimbo. A few pot-smoking sessions and some sneaking around behind their kids' backs lead to a family crisis. Awkwardly funny.

SUPER TROOPERS

WHO: Kevin Heffernan (*bigotilyo*)

WHAT'S IT ABOUT: A squad of patrolmen love to torment law-abiding citizens just so they can do gratuitous pranks on them. An equally incompetent local police force serves as its rival. With its plywood-thin plot, expect the film to be as silly as it sounds. Quite refreshing to laugh at something that rev[illegible]

[illegible]RDS: ANTON UMALI AND JED GREGORIO

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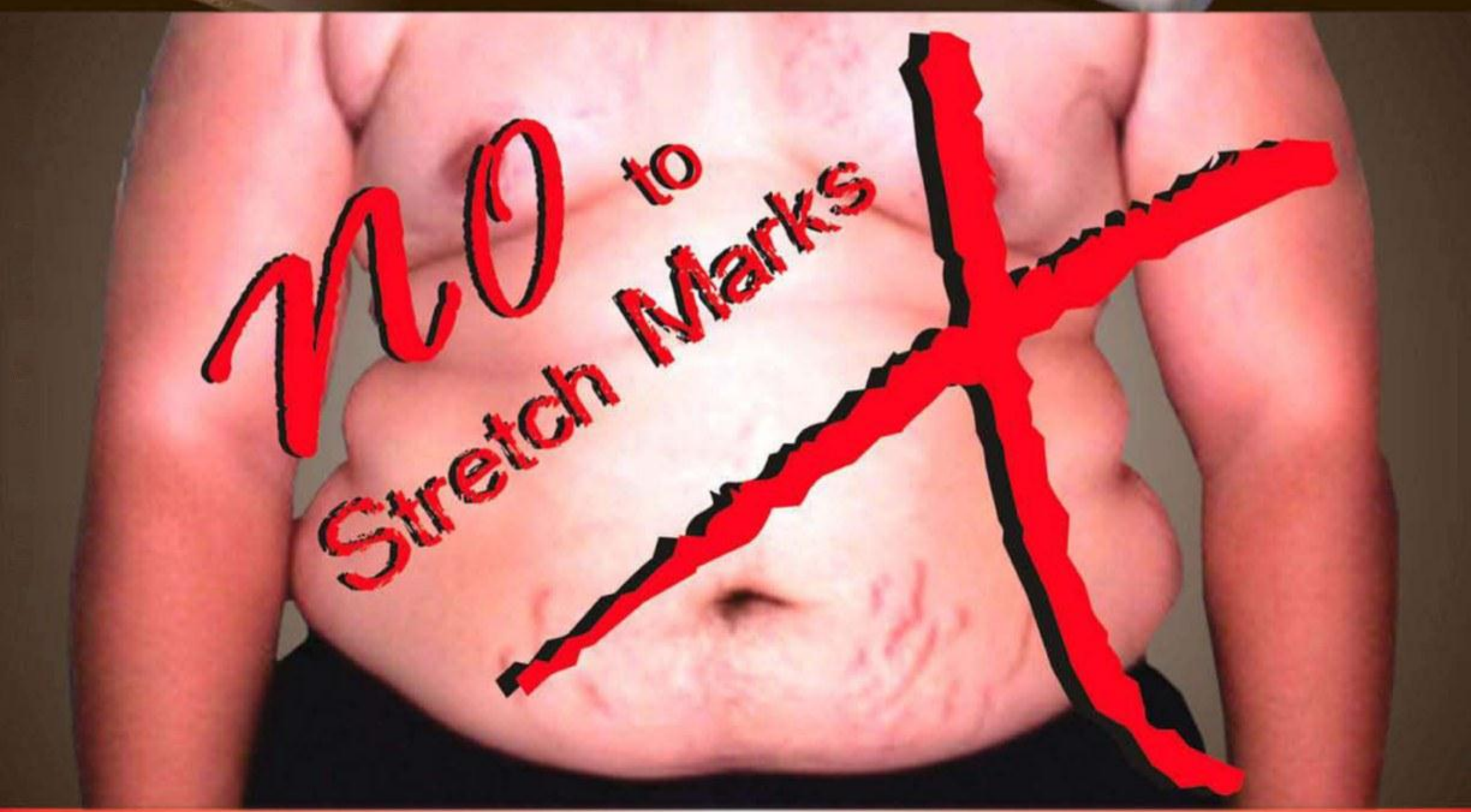

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'Tyaniin kita diyan!'

ATTACK

AYE AYE CAPTAIN!

HOW CAN YOU SAY NO TO THE ALL-AROUND GOODNESS THAT IS *CAPTAIN AMERICA: SUPER SOLDIER*

The video-game and big-screen versions—both out this month—have more things in common than we think. First, Chris Evans, the ex-Human Torch of the *Fantastic Four* franchise turned Super Soldier Steve Rogers, and the rest of the film's cast lend their voices in the film's game adaptation. As the shield-wielding First Avenger, your job is to stop the evil architects of World War II from their ultimate goal: world domination. The red, blue and white shield is your most powerful weapon and best defense against these freaks. Use it to fire missiles, knock down baddies, block attacks and reflect fire back at nefarious soldiers. The game controls are an acrobat's wet dream, enabling you to scale walls, leap towering vaults and pull off awesome combat maneuvers. Sounds pretty super enough for us.

High: Film-like action sequences and cut scenes are so involving you'll feel like you're actually there.

Low: It's linear storyline, strictly based on the film, offers no room for surprises.

Verdict: *Super Soldier* will keep you happily preoccupied while waiting for Cap's return in 2012's *The Avengers*.

Platform: (PS3, X360, Wii, DS)

GAME BITS

THOR: GOD OF THUNDER
(PS3, X360, Wii, DS)
Based on the hit film, your duty is to save Asgard and vanquish legendary creatures by traveling to different worlds. Chris Hemsworth (Thor) and Tom Hiddleston (Loki) lend their voices in this thunderous treat.

MARVEL SUPER HERO SQUAD ONLINE
(PC)
Not exactly *angas-driven* but seeing Marvel heroes as kiddie caricatures is hilariously sick. Use the game to socialize with other gamers. Download it at heroup.com and play for free.

GREEN LANTERN: RISE OF THE MANHUNTERS
(PS3, X360, Wii, PSP, DS)
Your job as Green Lantern is to restore justice and eradicate an army of Manhunters out to stamp their dominance in space. Create guns and pulverize foes using the GL's power ring.

'I NEED A HERO'

FROM COMICS TO FILMS TO VIDEO GAMES: THE BEST AND WORST SUPERHERO CROSSOVERS

Batman Begins
(PS2, Xbox, Gamecube)
Christian Bale voices this 2005 crossover, which garnered critical praise from gaming experts for its excellent graphics and espionage-centric gameplay.

Superman Returns
(X360, DS, PS2)
The year was 2006 when the great Superman returned and failed to amuse the gaming public. Lex Luthor, Mr. Smallville's arch-nemesis, isn't even at endgame to battle with the DC icon.

Spider-Man
PS2, Xbox, PC, Gamecube)
With barely two hours of gameplay, this notoriously short adaptation based on the 2002 film wowed enthusiasts as it empowered Spidey to freely roam the streets and 3D skyscrapers.

X-Men Origins: Wolverine
(PS3, X360, PC, Wii, PSP, DS)
The video game adaptation disappointed critics who abhorred its lack of musical scoring, decent fight scenes and challenging boss levels.

WORDS: MIKEY AGULTO

Did you know that one in three Filipinos, ages 30 years and up, have borderline to high cholesterol levels?*

*7th National Nutrition Survey 2008; Food and Nutrition Research Institute

So be smart. Start caring for your heart.

130 mg/dL and up
HIGH CHOLESTEROL

Drinking Del Monte™ Heart Smart everyday helps lower cholesterol by as much as 24%**

129 mg/dL
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Reducol™ is a blend of natural plant stanols and sterols that is Generally Recognized As Safe (GRAS) by the US FDA. With a healthy diet, it blocks the absorption of LDL, the "bad" cholesterol, during digestion, thus lowering cholesterol levels in the body and reducing the risk of heart diseases.

**Lau, Journaud, Jones' 2005 Study.
Consumed twice daily for 30 days with proper diet & exercise.
ASC Permit No.: D031P121510D

Q&A

THE LATE ISABEL

ONE OF THE COUNTRY'S TOP GOTH BANDS ON *LACKADAISICAL*, SOUNDING DIRTY AND NOT EXISTING FOR A YEAR

***Doll's Head* was released seven years ago. Why did this follow up take so long?**

Allan Hernandez (guitars): It was a mix of economics, personal priorities and a sorry accident. We had planned to release a second album in 2006 following *Doll's Head*. We did go to the studio that year to work. But it took a while because we could only pay our way through it when we had money to spare—that's the real situation of an indie band. Then the accident—the studio's computers crashed, taking with it an almost-complete album. So we had to record all over again. By this time, there was no real sense of urgency. Sure, we wanted it finished. We just didn't care when. Then along the way people had kids, did environmental work, went abroad on art grants. In other words, we just went on doing what we had to do.

How did you guys decide on the songs for *Lackadaisical*?

Allan: It was just a matter of picking out the stronger songs in what should have been the second album. The EP is out but there are still nine songs in the studio waiting to be finished. You could say we put out an EP because if we didn't, we'd have nothing to do for a year.

Wawi Navarroza (Vocals): We actually thought this EP has some sunshine to it. Remember, the girl steps out of the dollhouse already, puts on her shades and walks down the street. So the song, "Isabel the Damaged" might be a good indication for that. It's very upbeat. This song is adapted from a short story written by Karl De Mesa called *Isabel the Damaged*. I rewrote it a bit for this song.

TRACK LIST

LACKADAISICAL
THE BAND SAYS: "Wawi's random broken lines."
MOST REPEATED LYRIC: "Ohh... Lackadaisical..."

ISABEL THE DAMAGED
THE BAND SAYS: "Inspired by a story of the same title from Karl De Mesa's book."
MOST REPEATED LYRIC: "Sure as rain, she'll come back again"

TINSTICK ROMANCE
THE BAND SAYS: "Something about really thin girls here."
MOST REPEATED LYRIC: "And Sweat! Sweat! Sweat."

IMPERIAL
THE BAND SAYS: "What came out after watching Wong Kar Wai films and *Jewel in the Palace*."
MOST REPEATED LINE: "Imperial... imperial."

So Wawi, we heard you're Europe-bound?

Wawi: I just got a scholarship in Spain for a Master's Degree in fine art photography.

How will the band survive minus its vocalist?

Allan: Well, we won't. We're not playing for a year. To us, this isn't really a problem because the band exists only when we want it to. That is also the reason disbanding isn't even an idea, because we do that when we don't play.

Among the singles, which defines the direction you're headed to as a band?

Allan: The thing with the band is that we try our best not to repeat a musical idea after it has been used in a song. So while one song might define a sound, we can't say that it's a template that we'll follow in future songs. I can tell you that we wanted the EP to sound dirty, and the album we're working on continues that idea. However, "Imperial" best defines our sense of adventure.

Wawi: Well, The Late Isabel has always been an intuitive band. There's magic that happens in the studio when we work together as a band. But in terms of sound, we've gone closer to our punk roots here—because it's more raw and it's less psychological. This is more visceral; *Doll's Head* was very psychological. This is more in your face, stomp your feet, let yourself go.

How is The Late Isabel best consumed?

Wawi: Oh wow, should I say The Late Isabel is best listened to when you are feeling really intoxicated? In a good sense. I'm saying intoxicated meaning you can entertain things; let's say "Lackadaisical" is for when you're bumming around and entertaining these thoughts. "Isabel the Damaged" is good for when you're driving and recapping everything you've done and you just want a cold bottle of beer. It's that. We've always provided windows and portals to different worlds. We have propositions and those propositions are songs. Take your pick, man. We're schizos in that sense so there's the EP for you to enjoy.

ALSO OUT!

TRICKY
Mixed Race
(Universal)
The down tempo acts as a mood-setting agent. As you bob to the beat, Tricky has you captured. The hazy soundscape is apparent in "Every Day," coupled with haunting lyrics: "I am nothing/I move through walls." While the debut single, "Murder Weapon," is a deserving flag-bearer.

WORKSHY
Bitter Sweet
(Universal)
The pop-jazz duo here wants you to sit back and plop your legs up. The record is built on a solid jazz foundation that has a certain unpredictability to it. "Better Days" and "We'll Keep Striving" have tempos that are neither rushing nor bogging down and keep a sunny attitude.

TREMBLING BLUE STARS
Fast Trains And Telegraph Wires
(Universal)
It's catchy and free from any shackling pretense expected from a genre high on psychedelics and synth. The elements in TBS's past albums are present but used in a low-key fashion, allowing the strong rhythms and vocals to drive these ditties.

WORDS: ANTON UMALI, LOU ALBANO AND GELO GONZALES; PHOTOGRAPHY: ALEX PAITA

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INSECTISSIMO!

LOURD DE VEYRA ON HIS NEW BOOK, THE SOUND OF NIGHTMARE AND RUNNING FOR PRESIDENT

How did you come up with the book title?
Yung Insectissimo, di ba yung Italian phrases *sa* music pianissimo, fortissimo? So *parang pag-combine mo yun* with the element of insects to assume the music of insect.

What's with the insect fetish?
Wala naman talagang kinalaman sa insects *pero may isang tula riyan,* "Bangungot", *na para sa akin tunog ng bangungot na lagi ko naman naa-associate sa tunog ng* buzzing sound. *Yung parang kunwari mga maliliit na pakpak nag-flap, nag-buzz. Para sa akin, tunog yun ng* nightmare.

Other than nightmares and insects, what else is on *Insectissimo*?
First collection *siya ng mga* poems *ko*. More than 10 years *na yung iba. Dapat mga* 2003 *pa lumabas ito, pero maarte ako eh. Hindi ako masaya sa* quality *ng* poems. Experimental *yung karamihan, hindi* conventional English poems *na nababasa natin* in terms of form. *Medyo may* play *sa* structure *at maraming* references *sa* pop culture and music.

This is your third poetry book. Any plans of doing a novel or fiction?
May novel *na ako! Malapit nang lumabas.*

You started as a newspaperman. Do you see yourself doing it again?
Not anytime soon. Six years *ako sa diyaryo, pero ang dugo ng trabahong yan. Sa* six years *na yun, tumanda ako nang todo.*

And on television...
Maliban sa bagong venue *siya, ibang* style *naman. Yung* monetary concerns, of course, better. *Sa* print *medyo matagal na akong nagdurusa.* Well, *hindi naman nagdurusa, trinatrabaho ko kasi talaga kapag* print. It's about time *na mag-iba ako ng* medium. Visual *naman!*

Your Facebook fans want you to run for President.
Kahit baranggay captain, *di ko gusto gawin. Parang ang hirap-hirap ng trabahong ganun. Para sa akin di ito* glamorous. *Trabaho yan.* Dirty job *yan. Di ko sinasabing di siya marangal, pero parang* manual labor *para sa akin.* Manual labor *ng utak.*

So how would you define a *tunay na lalaki?*
Hindi ko alam, sa totoo lang. Yung mga pinagsasabi ko hindi naman exact *yun.* I think irrelevant *yun. So ano ngayon kung tunay kang lalaki?* Does it change things? *Di naman eh.*

You're known for voicing out your opinion. Where do you get the confidence?
Well, *hindi pa ako nababaril, hindi pa ako nagugulpi. Pero pag mangyari sa akin yun, magdadalawang isip ako ulit.* Actually, *kahit sino naman pwedeng magbigay ng opinyon. Akala lang ninyo maraming nakaririnig ng opinyon ko pero konti lang talaga. Ilang tao lang.*

IDOL!
GREATS ACCORDING TO THE LOURD

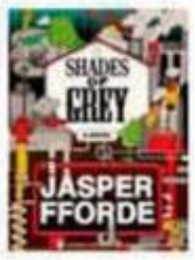
ON POETRY
"*Tula* ni Wallace Stevens kasi parang cathedral. *Hindi ko siya naiintindihan, hanggang ngayon. Gusto mo siyang hindi basta maintindihan pero paano niya nagagawa yung mga salita? Mas doon ako naiintriga.*"

ON MUSIC
"John Coltrane, Cat Stevens, *mga* punk, hardcore, *minsan* novelty, classical, recordings *na nakalimutan na ng kasaysayan pero na-discover* through some great diggings."

ON ENTERTAINMENT
"*Mga* humorists like P.J. O'Rourke, P.G. Wodehouse *na* British *ang* humor. *Ay, isang pa pala si* Woody Allen. Absurd *kasi* humor *niya.*"

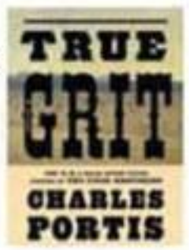
RAINY-DAY READS
New light tomes to keep you dry

SHADES OF GREY
JASPER FFORDE



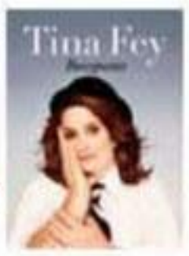
Colortocracy is a rainbow-coded caste system with the Yellows and Reds ruling the society's upper class and the Greys languishing at the bottom. Eddie, an obedient Red, is engaged to a High Red girl. But then he meets Jane, a radical Grey who pushes him to see the absurdity of their social order.
HIGH: The first of a trilogy, more dystopian goodness is in store.
LOW: Moments of cheese from the love angle.
ALSO TRY: *Brave New World* by Aldous Huxley

TRUE GRIT
CHARLES PORTIS



Teenage spitfire Mattie Ross wants Tom Chaney (the man who killed her dad) dead. She hires Rooster Cogburn, an alcoholic one-eyed US Marshall who shoots first to avoid asking questions later. As their adventure progresses, their partnership steadily grows into one founded on respect.
HIGH: Hailed as an instant classic when it debuted in 1968.
LOW: Watch the film adaptations (1969 and 2010 versions) only after you've read the book.
ALSO TRY: *No Country for Old Men* by Cormac McCarthy, *Winter's Bone* by Daniel Woodrell

BOSSYPANTS
TINA FEY



Saturday Night Live star and *30 Rock* creator Tina Fey narrates how she worked her way up the nasty, sticky trenches of superstardom. Her self-deprecating humor resonates throughout as she tells tales of sexism in the workplace and why she's a smarter version of Sarah Palin.
HIGH: The back cover features blurbs from Tracy Morgan, Mark Twain, a guy turning into a werewolf and a tree.
LOW: If you're out for an inspirational read, skip this.
ALSO TRY: *Bedwetter* by Sarah Silverman

WORDS: BONG STA. MARIA, REGINA RENDAL AND JANELLE ALMOSARA. PHOTO: LUIS BUENAVENTURA

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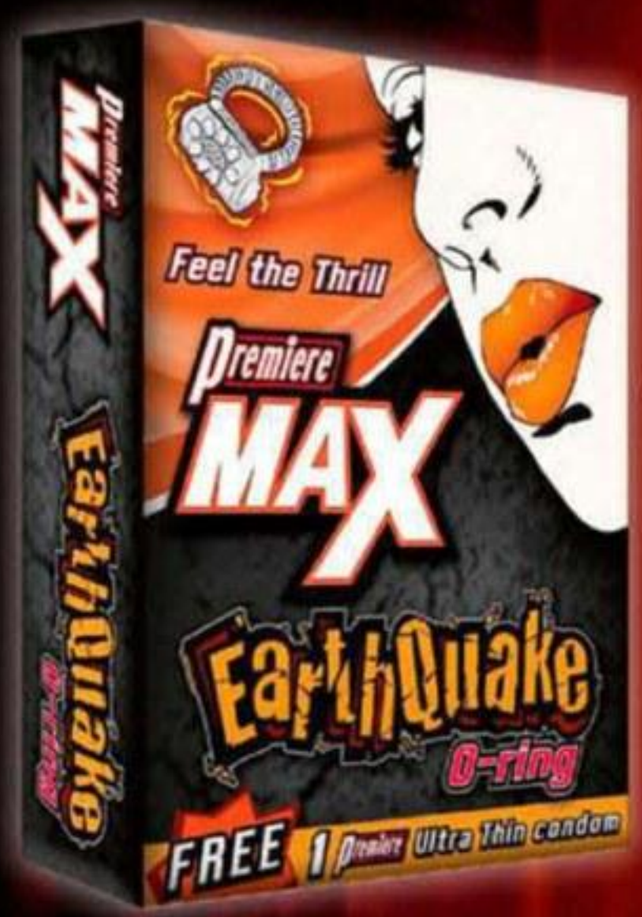

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LOUNGE

REINVENTING THE WILLY

LADIES—THEY JUST KEEP NAGGING ABOUT YOUR PENIS, SO WE LET THEM PLAY GOD AND DO SOME MODIFICATIONS ON IT. BEHOLD THE NEW MODEL

IF YOU OWN ONE AND CARE ABOUT IT AS MUCH AS YOUR MOST EXPENSIVE AND PRIZED POSSESSIONS, IT'S BUT NORMAL THAT YOU SCRUTINIZE HOW YOUR PENIS LOOKS LIKE IN FRONT OF THE MIRROR. DO YOU ALWAYS LIKE WHAT YOU SEE? LET'S ACCEPT IT: THE PENIS IS NOT EXACTLY THE MOST GLORIOUS-LOOKING THING IN THE WHOLE WORLD. WHAT MEN DON'T DARE UTTER TO THEMSELVES, WOMEN DECLARE IN THESE PAGES.

PLEASURE HAS NOTHING TO DO WITH BEAUTY. ALTHOUGH WOMEN REVERE PENISES EVEN BEFORE THEY KNEW WHAT TO CALL IT, THERE ARE STILL FACTS ABOUT THE PENIS THAT MAKE THEM GO ICKY. YES, THERE HAS TO BE SOMETHING WRONG WITH THE PENIS BECAUSE NOTHING IS PERFECT. A GROUP OF WOMEN ON THE HUNT FOR THE PERFECT MEMBER TAKES A STEP-BY-STEP PROCEDURE TO TRY AND REINVENT MANHOOD.

THEY QUESTION: WHAT IS WRONG WITH THE PENIS?

WORDS: MARIE TIANGCO; ILLUSTRATIO

PART I: PROBLEM IDENTIFICATION

IT LOOKS FILTHY

These are characteristics of the male organ that can be readily seen and judged. "The penis looks silly, like an elephant's trunk," says Chary, 28, a store supervisor. The penis glans, or head, when fully erect, seems like a mushroom head waiting to be chopped off and cooked. And when it's flaccid, it looks lifeless; not a real sight to stir emotions. A member with lots of visible veins running through it is also a turn-off for the ladies—much like how they hate having varicose veins. The penis's color, which is a darker shade than the owner's real complexion, also causes bewilderment to the opposite sex. Some consider fair-skinned penises as "neat-looking" compared to its darker counterparts. The size of the penis is an eternal argument. For those not endowed with big packages, well, let's just say the brain is still the largest sexual organ.

IT SMELLS FUNNY

Characteristics of the male organ present for proper functioning but are otherwise revolting for some ladies. "Smegma is probably the most misunderstood, most unjustifiably maligned substance in nature," says Thomas J. Ritter, MD, author of countless anti-circumcision books such as *Say No to Circumcision!*. It sure serves as a lubricant and moisturizer for the glans, but women don't like cheese anywhere near the hotdog. Odor is also one of the most popular grudges against the penis. How the urine and semen don't mix together when ejaculating through the same exit is also a mystery for women.

IT'S CROOKED

Some of its ugly characteristics are brought about by medical conditions (diseases, sickness) or procedures. Peyronie's disease, or the curved penis condition, is a common problem among men. In a Cornell University study, one third of respondents didn't know they had the condition. It is actually normal for the penis to have a slight curve but the angle shouldn't exceed 45 degrees. The foreskin, like the smegma, also has a misconstrued function. A circumcised penis is ideal yet certain procedures leave excess foreskin—contrary to its purpose of removing the prepuce itself. The foreskin protects the head and aids in penile stimulation and a suave gliding mechanism during intercourse. Yet too much of this wrinkled part can really get in the way and be the perfect spot for dirt accumulation and stink.

PART II: GOAL DEFINITION

ALL THIS TALK ABOUT THE PENIS'S FLAWS IS NOT WITHOUT A CAUSE. A PENIS WITHOUT THE ABOVE COMMON "DEFECTS" MAKES FOR:

1 SEXUAL SATISFACTION FOR BOTH SEXES

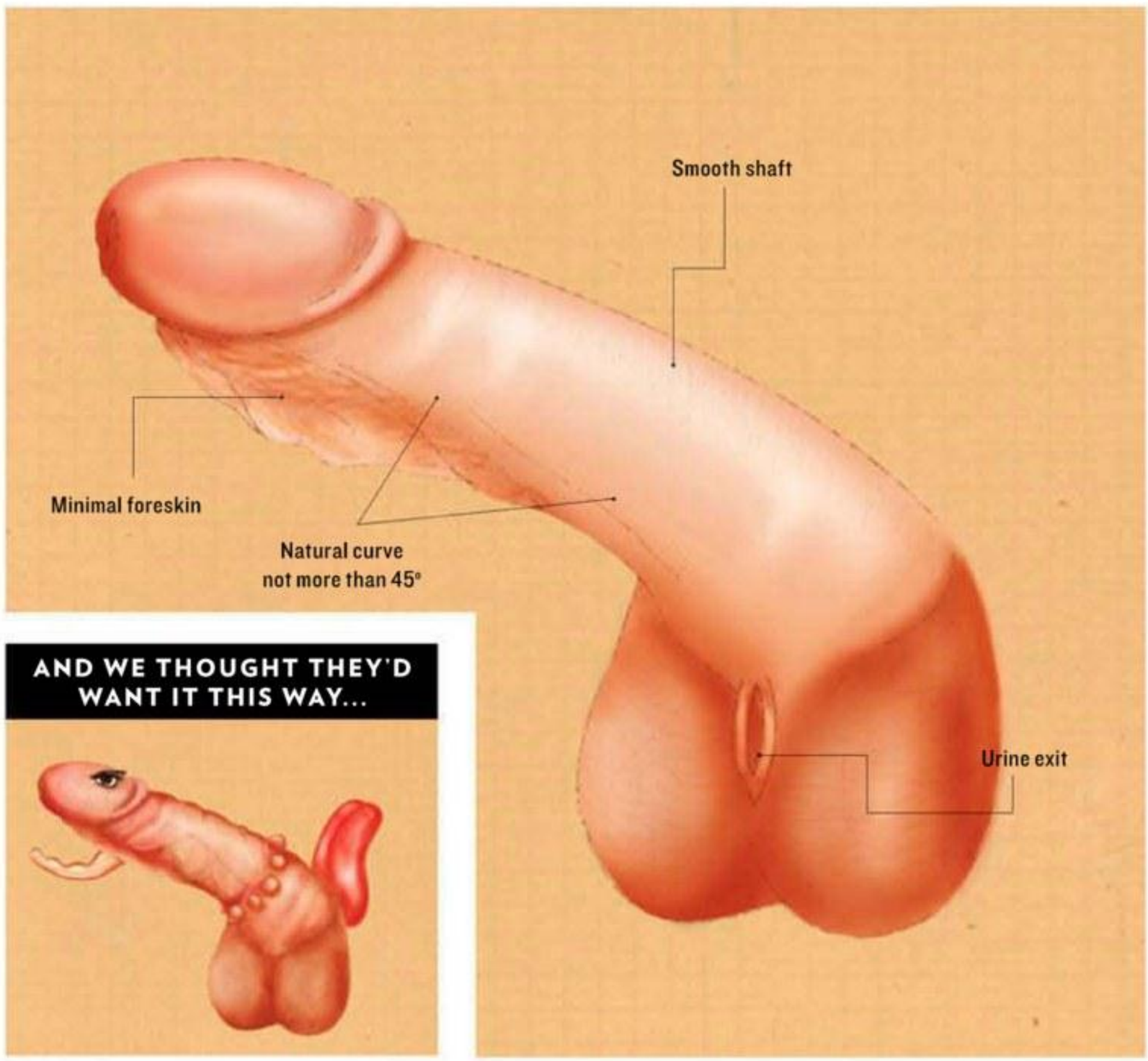
Peyronie's disease may cause impotence due to erectile dysfunction and painful intercourse brought upon by the curving effect. On the other hand, excessive foreskin won't win you a lot of heads in your sack sessions and can be quite painful, on both partners, for first-timers.

2 SOUND AESTHETIC VALUES

What looks good, would taste and feel even better. The penis may not look handsome, but it sure does a lot of good if it was odorless, less venous, neat and just the right size.

3 OPTIMUM REPRODUCTIVE CAPABILITIES

This might be the least of your concerns but if your penis is not the least bit attractive to the opposite sex considering the above factors, chances are you're not getting any. If you're not getting laid then proliferating would be like peaking Mt. Everest.



AND WE THOUGHT THEY'D WANT IT THIS WAY...

PART III: SOLUTION

AFTER ALL THESE MIND-BOGGLING Q&AS AND CLASSIFYING, HERE'S WHAT THE WOMEN CAME UP WITH. FINALLY, THE (SLIGHTLY) REINVENTED PENIS WOULD LOOK LIKE THE ONE ABOVE.

The new model keeps the mushroom head because something imposing has to be on top of it, right? If it's not wrinkly despite the foreskin, that should be forgivable for women. When erect, a smooth shaft with less veins and a fair, clean-looking overall shade notwithstanding the owner's skin color are plus points as well. Size should just be negotiable.

Since the smegma serves a rather important function, it only has to be lessened and restricted in certain areas around the penis to help eliminate odor and sliminess. Proper hygiene can take care of that. As for the urine exit, let's try and relocate it to the testicles, again for minimal stink and dirt gathering. In this case, the brain won't have to think hard if it's semen or urine first or vice-versa. Lazy does it.

The natural curve was kept just perfect for those pleasurable thrusts. Stick straight won't do in locating the G-spot because it's in a certain angle inside the vagina (see straight lines versus angles). The foreskin—not much of it, though—stays as well because the head can't be without its bodyguard or body glove. Circumcision should not be controversial for Pinoy males. The sharp, clean cut gives extra *pogi* points.

Beauty is in the eye of the beholder. The penis is not ugly, who dare say it is? If it serves both for pleasure and procreation, why waste time looking at it from afar saying 'What the hell does this resemble?' The vagina is not as good-looking either.

LADIES' CONFESSIONS

HIGH SCHOOL REUNIONS, MONTH-SARIES, OFFICE PARTIES, DOUBLE DATES: THESE WOMEN SURELY KNOW HOW TO SHAKE IT UP

CONFESSION OF THE MONTH

REALLY DEEP SLEEPERS!

This happened two summers ago. My boyfriend, high school batchmates and our former teacher planned an outing/reunion. We slept over in the same place the night before so that when we woke up, we could already start walking. When the lights were all out and everyone was sound asleep, my boyfriend and I got a little naughty under the blanket. He rubbed my thighs, while I stroked his member. Soon enough, I was pulling down my shorts. We did it in a spooning position to be discreet. We couldn't make a single sound, knowing we could get caught any time. At one point, he felt our teacher moving, so we stopped. I put my shorts back on and we pretended to be asleep like the others. After a few minutes, I undressed and we did it again, still in the spooning position. When it was his time to come, he immediately pulled out his dick and came all over my body, making my shirt wet. A few more minutes and it was time to get up. We didn't really know if anyone noticed but I didn't care. Because of this experience, sex became more fun for the both of us. It was the best we've ever had.
Jade, by email

JADE GETS A GIFT PACK FROM GARNIER

Envious? Then send your story to: *FHM* True Stories, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer St., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

PHOTOGRAPHY: HARLEY TIU

PERMANENT VACATION

On our sixth month-sary, my guy invited me to his mini-rest house in Tagaytay. And because I missed him so much, we planned to do the nasty deed. I wanted it to be unique and special so we went to the dance area of his house. We're both great dancers; he even had a pole for pole dancing in their sala. So I blindfolded him and popped open some drinks. I was getting drunk as I danced around the pole wearing a just a mini skirt, gyrating on him. Then we kissed. I made sure my tongue went from his mouth to his neck and all over his sweaty body. He fondled my breasts and we went back to kissing. He touched me down there; I unzipped his pants then went down on him. He then thought of searching the net for some sex positions we could use. We found a website that had some interesting and kinky moves. We applied the tips for almost six hours. What a vacation it was!
Crazymee, FHM.com.ph

WORK AND PLAY

During a party at the workplace, an officemate and I felt like we needed to spend some time together. We had to be discreet because we were surrounded by our workmates. I was staring at him from the start, and I knew he was also staring at me secretly even if there were other girls around flirting with him. Under the influence of alcohol, I made my way to the dance floor, shaking my booty together with my workmates while he sat in front of the stage. I knew it was working because I saw him looking at me. I sat in front of his table but I made sure not to pay him any attention so he could feel the tension. Feeling tipsy, I went up to the fourth floor to rest. Soon enough, he followed me there. He caressed my legs and begged that we leave the place. I smiled and nodded naughtily. We checked in at a motel. When I stepped out of the shower, I saw him wearing a racer back *sando* and shorts, which turned me on. When he finally lay down on the bed, I went on top of him, kissing him and teasing him. He asked me to tie him up but I said I'd give him a massage first because he was tired and kind of drunk. I then fondled his tongue with mine. I took off his clothes and we kissed again. Then I licked his nipple as I stroked his cock. I took off my clothes and sat on his face. He used some fingers, too. I came so hard that after, I grabbed his shaft and gave him head. I went back on top of him and pumped. He looked surprised with my moves. After a number of position changes, we both climaxed and then slept, embracing each other.
Preppy, FHM.com.ph

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DOUBLE JEOPARDY

My friend Ella and I went out on a double date. She was with her boyfriend and I, with a close friend. I'd had a crush on my date for a time, and I know he had been fantasizing about me, too. After watching a movie, we arrived at Ella's place and drank. Soon we're all tipsy. Ella told me she's sleeping over in her guy's house. My date was persuading me to leave with him. The alcohol brought out the naughty side of me: I told him that if he could chug two bottles of beer straight, bottoms-up, I'd go home with him. Of course, he did. While walking to the parking lot, he put his arm on my shoulder; I embraced him. We found our way into the car and wasted no time. We kissed torridly for minutes then he drove out of the place. With me wanting more, I sent my hands to feel his body. I unzipped his jeans and pulled out his dick. I gave the nice thing a hand job. I could tell that he was heating up because he was biting his lips while he was driving. And then I went closer to make things hotter. After the hand job, I sucked the hell out of him until he couldn't concentrate on the road anymore, so he just pulled the car to the side. He didn't say a word and just pushed me back on my seat. I took off my shirt and bra. After some kissing and rubbing, he went on top of me. I put both of my feet on the dashboard. As we did, I kept searching for something to hold on to; I was just able to hug him as tight as I could. I finally came, but instead of stopping, he pounced on me like there was no tomorrow and he reached his own cloud nine.
J3na, FHM.com.ph

HOW TO WRITE THE PERFECT LOVE LETTER

MASTER THIS LOST ART AND GET HER TO SAY 'XOXO' IN NO TIME

Dear Loverboy,

We heard that your feelings for Ms. Right are so overwhelming and you want them to be immortalized in a love letter. You want it to be perfect in the hopes that her heart will melt and her pants will drop as she reads your cheeseball of a note. Well, here's what you should do.

1 Even if we are living in the world of electronic mail, you better write your love letter the old-fashioned way: using pen and paper. Choose a decent sheet of stationery, preferably of neutral shade and use black ink. Avoid using floral printed paper, gel pens or anything unless you're writing to the same sex.

2 Be neat in writing your letter. Avoid erasures and write legibly. You can write in cursive, print or even in calligraphy. You want her to at least understand what you mean to say, right?

3 If you're not yet going steady, avoid sleazy words. You surely don't want her to slap your face with crumpled paper. Write with your heart, not your penis. You can spare those steamy lines for when you've gone steady already.

4 Remember how you felt the first time you met her? Or how ecstatic you felt when you realized that you're already in love with her? If you still have a clear picture of what she wore, or how great her smile was even with those braces on, by all means go ahead and jot them down.

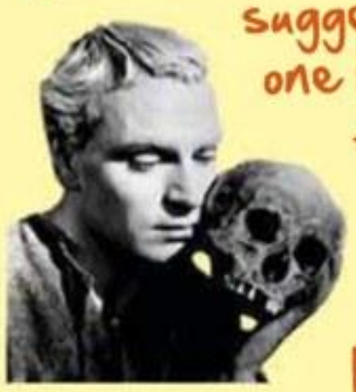
5 On that part when you're about to confess how much you love her, take the opportunity to let her know what you really feel. You're *torpe* enough to write her a letter instead of telling her personally what you really feel, so the letter is your closest chance to say what's really in your heart.

6 Brian, a former seminarian, considers love letters nothing more as a letter of gratitude. "It's a projection of one's gratitude of finding the other—for the fresh breath of air, for realizing that because of the other, you see things new," he says. So go ahead and thank her for making you realize that falling in love is a wonderful feeling. Tell her how grateful you are knowing that again, you'll be together tomorrow and the day after tomorrow.

7 It would also help if you'll give it a personal touch. Spray some of your favorite scent on it. Or you can finally give her that friendship bracelet that you personally weaved.

8 Finally, read and re-read your letter. Make sure it's free from typos or grammatical errors. Textspeak and *jejemon* are absolute no-nos. (Some gay lingo is fine, though, to keep things light. Women are suckers for guys with a sense of humor.)

9 Angel Peoples, a communications specialist at US-based mailing service provider Pitney Bowes, also suggests: "Quote no one but yourself. Avoid being fake by getting quotes from the Internet."



10 Contrary to what most men think, writing love letters does not affect your manhood. It doesn't really matter what you think: Girls find it sweet, especially if the words sound sincere. So log out of Facebook, borrow dad's fountain pen, nick your sister's stationery and write her a love letter.

Good luck!

Sincerely,
Your Letter Confidant

WORDS: FRANCES ANGELA TORRELAVEGA

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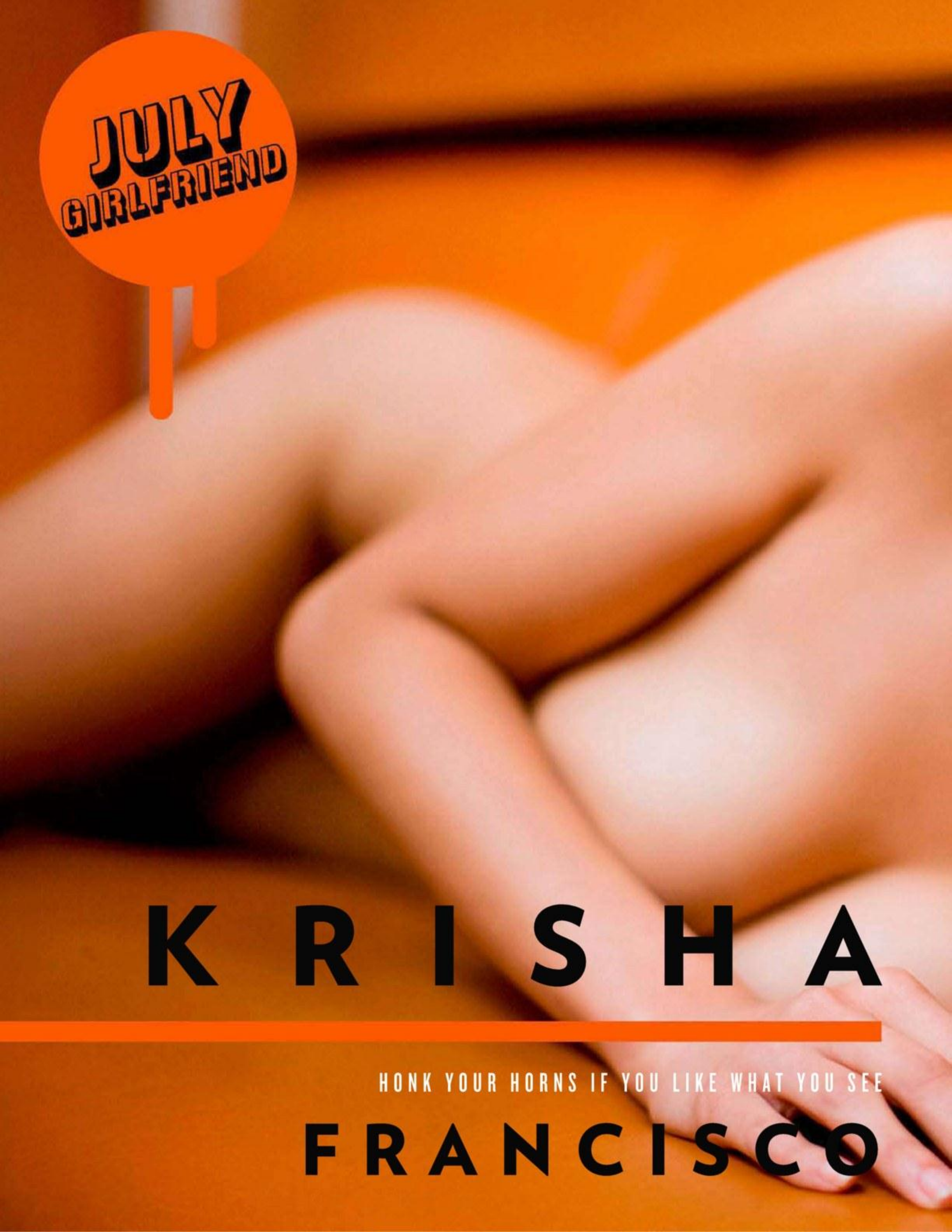

JULY
GIRLFRIEND
KRISHA
HONK YOUR HORNS IF YOU LIKE WHAT YOU SEE
FRANCISCO

Fact: Cars and girls elicit the same eye-popping, jaw-dropping reaction from men. Try observing your mates on a drunken night-out and you will have to second-guess if they're hollering at that Audi TT or that nubile honey in a white tank top and tights. We, therefore, can't explain enough how car show models like Krisha tend to complicate things further for us all. And that's the very same reason we didn't shoot her on top of a million-peso sports car—we want these pages to be dedicated entirely to her.

How did we meet?
We met through a common friend, during a night-out.

What were you wearing?
A very sexy dress. I caught your attention through my legs and my chest *kasi yun yung mas nilalabas ko*. Ha ha! On our first date, I wore a nice top and jeans with cleavage slightly exposed—sweet but sexy so that you'll fantasize about me until you get home.

Where did we go?
We dined out then went to the movies. It was just the two of us—no friends *na kasama* so we were able to talk and get to know each other. After watching a movie, we went to a bar and had a little drink.

Did we do it?
You mean sex? No. Sex on the first date is not my thing. I don't go for one-night-stands. I'm into serious relationships—though not so obvious, ha ha! We must've kissed and hugged—*pa-sweet* lang.

Would you mind if we sent you a love letter?
Oh my! I really LOVE love letters. I find it sweet, but *sa panahon ngayon, parang sa* text *dinadaan yung ganun*. The last time I got one was when I was in high school!

Was it written well?
It started out sweet and then ended up with you expressing how you want me real bad—just the way I like it! **FHM**

PHOTOGRAPHY: JERICO MONTEMAYOR; INTERVIEW: ALEX C. PAITA; STYLING: CY BREE; MAKEUP: RHINA MONTEMAYOR; HAIR: DAVE GRONA SHOT ON LOCATION AT BLISS ULTRACLUB, TOMAS MORATO, QC

LOUNGE GIRLFRIEND

VITALS

CALL HER: KRISHA

AGE: 23

FROM: QUEZON CITY, METRO MANILA

WHAT SHE DOES: IT SUPPORT, MARKETING STAFF, MODEL

LIKES: "TALL, RUGGED TYPES–*TIPONG* BRAD PITT OR HEATH LEDGER, *YUNG LALAKING-LALAKI. GUSTO KO RIN YUNG MASARAP MAGLUTO PARA PARATI AKONG BUSOG*"

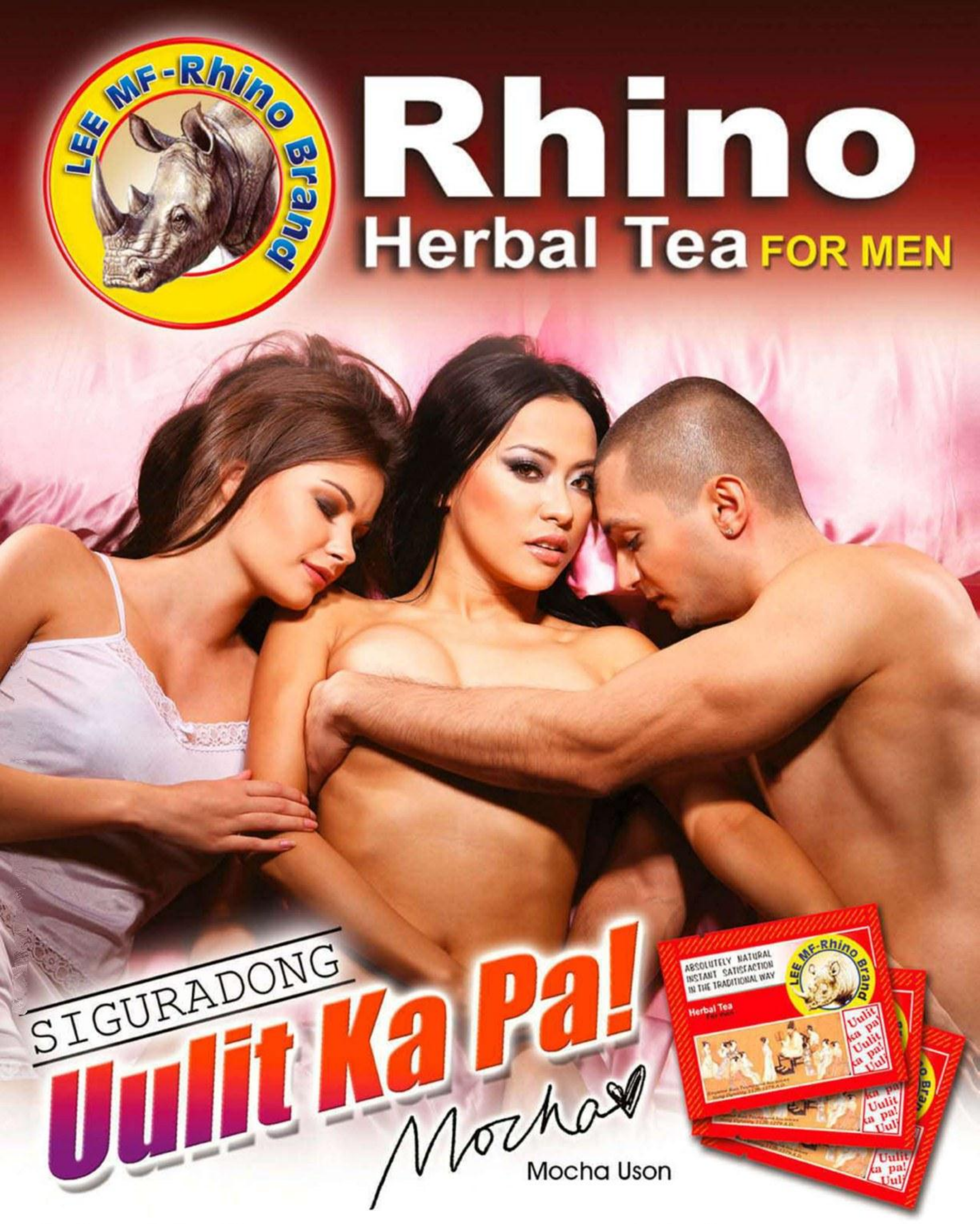
HATES: "BOY-NEXT-DOOR TYPES, *YUNG MAS KABISADO PA YUNG MGA KANTA NI* JUSTIN BIEBER *KAYSA SA AKIN*"

LONGEST RELATIONSHIP SHE'S HAD: SIX YEARS

SHORTEST RELATIONSHIP SHE'S HAD: TWO MONTHS

MEET THE PARENTS: "MY MOM GOES FOR SOMEONE WHO'LL LOVE ME FOR WHAT I AM AND WHO'LL REALLY TAKE CARE OF ME. SECOND *LANG SIGURO YUNG MAYAMAN AT GUWAPO*—WELL, *GANUN NAMAN TALAGA ANG* PARENTS, HA HA!"

SPOT HER: "GREENBELT OR MAKATI WITH MY FRIENDS. IF I'M REALLY TIRED, I JUST GET A MASSAGE OR STAY AT HOME TO WATCH DVDS"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Full Circle

Eula Valdes has been there and done that and is doing it again. With the way things are going, she's likely to do it for all eternity

PHOTOGRAPHY:
XANDER ANGELES
OF EDGE OF LIGHT STUDIOS
FOR PHOTTIX.PH

INTERVIEW:
ALEX C. PAITA

STYLING: **ALYANNA MARTINEZ**
HAIR & MAKEUP: **VARDA**
SET DESIGN: **RAFFY TESORO**

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You see them popping out of nowhere—in the movies, on TV, in the workplace, in the supermarket's meat and veggies sections, on the road driving their son to school, in school parents-teachers association meetings; typically in the most unsuspecting of places and virtually wherever teetertottering kids are.

You see them and stare at them because they ask for it. On the face of it all, you lust over their full-bodied sex appeal. But dig deeper into your thoughts and you will realize it's actually more than that: you are, in fact, enthralled by their commanding presence, that air of confidence, that certainty they exude that they know what they're doing and they're going to succeed in it.

MILFs, cougars, hot mommas, call them what you want—Eula Valdes stands up for them all. Now turning 43, here she is reprising a character she did some five years back: as a trailblazing, talk-of-the-town-starting *FHM* coverbabe, two years earlier than agreed (a 38-year-old Eula quipped in 2006 she'd do the cover again when she's 45). Just because she still can.

"When I was invited to do the cover, *na-excite ako* but at the same time, *kinabahan ako*," Eula reveals. "*Kasi hindi naman ako pabata, patanda ako.*" And yet the photos say otherwise. Just look at how she positions her legs on that ring and how, sprinkled with water, she resembles a freshly blossomed petal. We're not even talking about that killer expression on her face yet.

The rest of the Sexiest Women on this year's list? Not quite sure how they'll turn out when they reach Eula's age—we'd be mighty glad if they'd look even half as hot as this when they're 40. So after poring over these pages, take some time to look at their photos, too. Revel in that moment and don't bother much about Eula's set. This seems to be her permanent state already...

You were 38 the first and last time we had you on the cover. On our end, a lot has happened since then—*FHM* staffers got hitched, some lost girlfriends, some got abs, some gained considerable weight. And yet here you are looking as hot as ever. What's the secret that we should tell our wives?

I'm staying happy. *Nag-stop ako roon sa* age *na* 21. Ha ha! It's just a state of mind. Age *lang yan eh. Hindi porke't* you're turning 43 *hindi mo na gagawin yung mga bagay na* you used to do before. So *kung ano yung na-e-enjoy ko, yun ang ginagawa ko.* And I still like to find things enjoyable for me.

What sort of activities do you find utterly enjoyable?

Being with my kids. Playing with them. Being active in sports *din.* I tried skydiving a few years back. *Yung mga ganung tipo.* So extreme talaga, *yung nakakataas ng* adrenaline. *Yun yung mga bagay na na-e-enjoy kong gawin. Pero* recently *hindi masyado kasi* I'm busy with tapings.

So this "forever 21" state of mind, did you take that to heart back when you were 21?

No, no. *Na-realize ko lang yun mga* thirtysomething *na ako.* When people ask me how old I am, *bigla akong napapa-stop*: "*Ilang taon na nga ba ako?*" *Kasi ang pinaka may* impact *na* birthday *ko* was *yung* 21st birthday *ko,* after college. *Ewan ko, siguro yun yung pinakamasayang* birthday *ko.* I really don't know *pero* somehow I'm stuck at 21.

Must have something to do with how you celebrated it...

Actually *simple lang yung* celebration, it's not extravagant or whatever. *Pero siguro yun yung* happiest *ako* with my family, friends, *tapos may* work *ako agad. Kaya siguro may* impact. Also, feeling *ko* mature *na ako nun* and ready. *Siguro kung nangyari yung mga nangyari sa akin sa* showbiz when I was younger, *baka di ko na-handle.* By that time *medyo* balanced *na yung utak ko.*

Because of the characters you portray on TV, men get the hots for you but, on one hand, are scared to approach you. Why shouldn't we fear you?

Kasi approachable *naman ako eh.* All you see is a facade. My features are intimidating, my eyes are sharp. That's why you have to know the person first to know what she's really like.

What do most men get wrong about you?

That I'm unapproachable, *masungit, medyo* mysterious *din. Pero dapat nga mas* enticing *yun eh.* I like people *na hindi* pretentious. I can feel that *eh—yung* first time *na makita ko yung tao, alam ko kung totoo siya. Pero siyempre* I'm not always 100-percent correct. *Mas gusto ko yung tao* who are true to themselves. *Mas na-a-appreciate ko yun.*

So your bullshit detector's functioning very well.

Yes, ha ha!

Care to give one BS you've recently, well, detected?

It has something to do with music. *Merong isang tao na kasama ko sa* play *na matagal ko na ring nakaka-hi,* hello. During the last run, he was suddenly extra friendly. All of a sudden he patronized everything that he knew I liked—rock 'n' roll bands, music. *Akala niya siguro hindi ko siya kilala, akala niya hindi ko alam yung totoong* preferences *niya. Mahilig kasi akong mag-observe ng* actions *ng tao* through their body language. *Minsan nagko-contradict yung sinasabi at ginagawa niya.* And more often than not, *tama yung basa ko sa kanya.*

What's a really bad signal, one that tells you to avoid a particular person?

Ang No. 1 turnoff *ko yung mayayabang, yung masyadong malakas ang dating. Yung nagpaparinig na,* "I have this, I have that." To me, *parang,* "Oh okay. I hope you're happy."

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After some sort of a hiatus from contravida roles, you're back playing a baddie in the *Mula sa Puso* remake as Selena. Feels like home?
Yung sa Pangako Sa'Yo, hindi naman siya talagang contravida. Wala naman kasi akong inapi dun just for the heck *na mang-api.* This is just the third time I'm playing *contravida. Nakaka-amuse yung tanong, pero tingin ng mga tao laging ganun yung* role *ko. Hindi naman, eh. Pero* enjoy *ako,* especially *itong Mula Sa Puso kasi binigyan ako ng* director *ng* freehand *na gawin ko yung gusto kong gawin kay* Selena. *Nag-trust siya sa akin. Tsaka hindi masyadong nakakapagod kasi nakakapagod umiyak eh.*

So you like it more than, say, a *cariñosa* mommy role?
Ngayon, I like *contravida* roles *more kasi medyo pa-easy-easy lang siya eh.* Ha ha! *Mas madaling mang-api—pero* come to think of it, *mahirap ding magpigil. At nakakapagod din palang magalit.*

Where do you think will you be when 2000-2002's *Pangako Sa'yo* gets its own remake?
Actually *may* rumors *na gagawin ulit yun.* If not this year, probably next year.

Now that was fast. Do you see anyone who's fit to reprise Amor Powers?
Hindi ko naisip yan eh. Siguro ang kukunin nila yung bagong artista and hindi ako masyadong familiar *sa mga baguhan.*

Whoever that would be, what advice would you give her if she comes to you for advice?
I-internalize niya yung role. *Nung time ko, kapag magsa-shopping ako ng* clothes, *iniisip ko kung ano yung gusto ni* Amor. *Ganun ako mag-isip nun.*

Does that mean, for this somewhat acrobatic shoot, you did some internalization too? Did you actually do some stretching before you came here?
Ha ha! *Hindi, hindi nga ako nag-practice eh! Hindi naman kasi masyadong mahirap yung gagawin. Galing din kaming* taping *kaninang umaga* and I did 37 sequences. *Mula* call time *hanggang na-pack up ako, wala akong pahinga. At ako pa ang nagda-drive ha! So sobrang pagod na pagod ako, ang iniisip ko lang matulog. Hindi na ako nakapag-stretching, tulog lang.*

But thank you, really, for showing us how flexible you are!
Ha ha ha! *Ang sakit nga ng likod ko, grabe!*

And it didn't appear like you're lacking sleep, as you are still very energetic up to this time.
Ganun naman ako, eh. Kapag hindi pa tapos ang trabaho, sige pa, may baterya pa ako. Pero pagdating ko sa bahay, bagsak na.

Most of the shots were done in a closed-door setting—and we'd be shocked every time Xander showed us the photos. That, or we'd see you dripping wet and shaking...
Nginig na nginig ako. But all this for the sake of art!

...art that shocks all of menfolk!
Ha ha! To tell you the truth *hindi ko iniisip kung anong magiging* reaction *ng tao. Nung sinabi sa aking magko-cover ako, ang* concern *ko* was *yung* son *ko,* who's 16 now. I asked him if it's okay to do *FHM* again. *Ang sabi lang niya,* "Whoa." Ha ha! *Tapos kanina bago ako pumunta rito, sabi niya sa bunso namin, "Pag may mga anak na tayo, sasabihin natin sa mga anak natin: Kunin mo nga ang FHM ng lola ninyo!" Kasi nga pangalawa na ito, na-a-amuse din siya kasi* second time *ko na. Tinatanong ko siya kung* okay *lang kasi baka nahihiya siya. Ang sabi niya sa akin, "Bakit, hindi naman lahat ng nanay ng kaklase ko kaya yan ah." Masaya rin ako kasi mukhang* proud *naman siya.*

Why do you think women outlive men?
Kasi siguro it has something to do with emotions. *Kami, kung ano yung nararamdaman namin, inilalabas namin. Kung gusto naming umiyak, iiyak kami. Ang mga lalaki may mga* pent-up emotions. *Kailangan nilang maging* tough. *Pag tinatago mo yun, biglang lalabas na lang yan,* maybe as a form of illness. *Kung saan-saan nagma-manifest yan.*

What's your form of release?
Kung ano yung pakiramdam ko, I accept it *na ganun talaga. Hirap akong magtago ng* feelings *ko. Kung galit ako, galit ako. Pagkatapos kong mailabas, parang walang nangyari. Kasi tapos na, ayokong tumatagal nang ganun.* With problems *din, kung puwede kong i-deal ngayon gagawin ko. Medyo* confrontational *din akong tao.*

And while men of your age start to have problems with erection and the like, you women are said to have better sex as they age.
Ha ha! *Siguro kasi ang tagal na pagdi-discover yun* for us *kasi sa* culture *natin hindi naman lantaran ang mga babae. Pag medyo bastos o* taboo, *hindi na lang natin pinag-uusapan or hindi na lang natin gagawin, hindi na lang natin iisipin. Ang haba ng proseso sa pagdi-discover namin kung ano yung gusto namin. So umaabot siguro kami ng kuwarenta.* At the same time, at this age, *mas* confident *kami na ito yung gusto namin. Siguro* through experience *na rin na alam namin kung ano ang hindi namin nagustuhan.*

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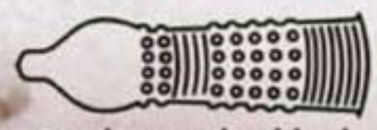

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Another reason women in their 40s are at their sexual peak, according to experts: You now have fewer insecurities. True or false?
True. *Tanggapin mo na lang, kung patanda ka, patanda ka. Kung may magkakagusto sa iyong bata,* that means *gusto ka niya talaga* even if he knows what you've been through. *Pag mas* confident *ka sa sarili mo, mas maganda yung* aura *mo. Mas* positive, so *siguro mas nagugustuhan din ng lalaki yun.*

Another one: you have rising testosterone levels, are less caring and more wanting to explore your own needs.
Ako, hindi ko pinapabayaan ang mga anak ko pero at the same time *hindi ko rin pinapabayaan yung sarili ko. Kasi pag pinabayaan mo yung isa, wala kang kuwenta.*

Has anyone, a younger actress perhaps, come to you for sexual advice?
Wala pa naman. Ang mga bata naman ngayon, scary *nga sila eh. Mas* aggressive *sila. Yun ang nakakatakot.*

Why, when did you learn about the birds and the bees?
Early, *pero hindi naman ako nag-experiment agad or hindi ako* showy. *Kasi sila hindi sila takot mag-express* in public, so *ano na lang ang ginagawa nila pag sila na lang? Naiisip ko, yung mga anak ko, ano na kayang gagawin nila paglaki nila? At saka andaming batang umiinom na. Ako natuto ako mga* 30-plus *na ako. Nakakatikim na ako [ng alak] nung* high school *pero hindi yung* every weekend *eh lumalabas ako. Masaya na ako sa* iced tea. Late-bloomer *ako eh.*

You said before you like trying out new things just for the heck of it. What's the newest thing you've tried in the bedroom?
Ha ha ha! It's for me to know and for you to find out.

That's what you told us before.
Basta satisfied ako. *Basta masaya ako sa sarili ko.* Ha ha!

Lastly, the 100 Sexiest Women in the World have been decided upon. Who'd you have voted for?
Siguro si Solenn Heussaff *kasi parang kumpleto siya eh.* Pardon my French, *pero may libog yung mukha niya.* Actually *si* Cristine Reyes, *nase-seksihan ako sa kanya, hindi lang sa* face but also her personality. **FHM**

FISHNET BODYSUIT, STYLISTS OWN. SEQUINED FINGERLESS GLOVES, TERRANOVA

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She may be fat, but she has something that those skinny women are lacking.

WORDS: ENRICO MIGUEL SUBIDO
PHOTOS FROM GETTY IMAGES

MORE TO LOVE

Here we tell you why you should appreciate her for all that she is and more

Aside from shopping and melting credit cards, highlighting physical "shortcomings" is a favorite pastime among many women. "I'm so fat!" "My boobs are so small!" "My boobs aren't the same size!" "My ass is too flat!" These are all widely used phrases in girl lingo. Blame mass media—that includes us!—for what is being peddled as "beautiful": straight, flowing hair, Coke-bottle figures, perfect teeth, unblemished skin, a powder white complexion.

So let us try to rectify ourselves a bit and help you appreciate the woman in her entirety—purported "flaws" and all. Below is a list of physical traits that do not rank high by commercial beauty standards, but don't exactly make her less of a woman. We are equally excited by the prospect of keeping the female kind empowered and, hopefully, making the world a better place.

fat-bottomed

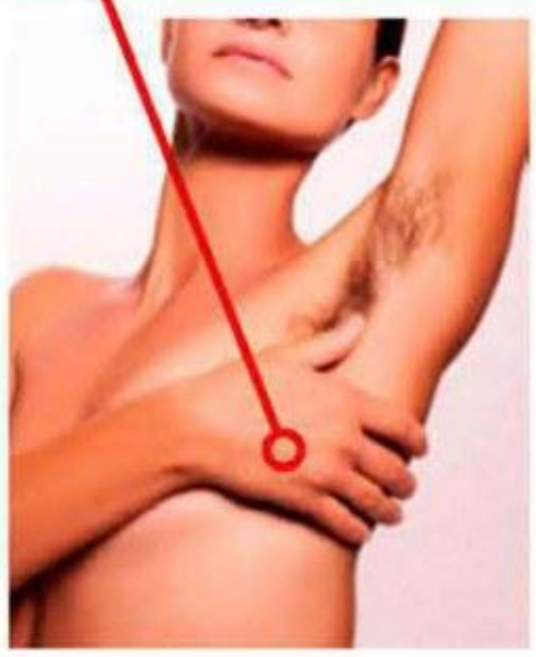
Rather call them: Plus-sized, voluptuous
Why it's actually good: For many guys it is difficult to spot beauty in heavy-set women. Other redeeming physical factors that might in fact get more attention, like a pretty face or clear complexion, are automatically overlooked with weight as an issue. But these women might just fall under the voluptuous category. Are you aware of the phrase "more junk in the trunk?" How about the term "*gazungas*"? These are a large derriere and large breasts, respectively, and they will occur more often in larger women. "There's simply more to love," says Jeff, 32, a business analyst who has a soft spot for larger ladies. "There's more ass, more boobs and definitely more woman. It's like getting more than what you're actually supposed to have, and that works for me."
Consider: Ella V, Jill Scott, Queen Latifah, Hazel Chua of *The Biggest Loser Philippines*

SCIENCE SAYS
According to Dr. Christine F. Javillonar, managing director at The Beauty Room at Embassy Spa, being fat may have medical basis. "Putting on extra weight can be the result of an underactive thyroid, resulting in hypothyroidism that may lead to weight gain." This may be the case for many women who consider themselves horizontally challenged. It can be handled by taking thyroid stimulating medicines, eating a balanced diet and exercising regularly. Dr. Javillonar also explains that being obese is different from being fat. "Obesity is a term used to describe body weight that is much greater than what is healthy. Some of you might look fat but are not obese." Apparently there is a difference, and there is the possibility of being fat and healthy at the same time.

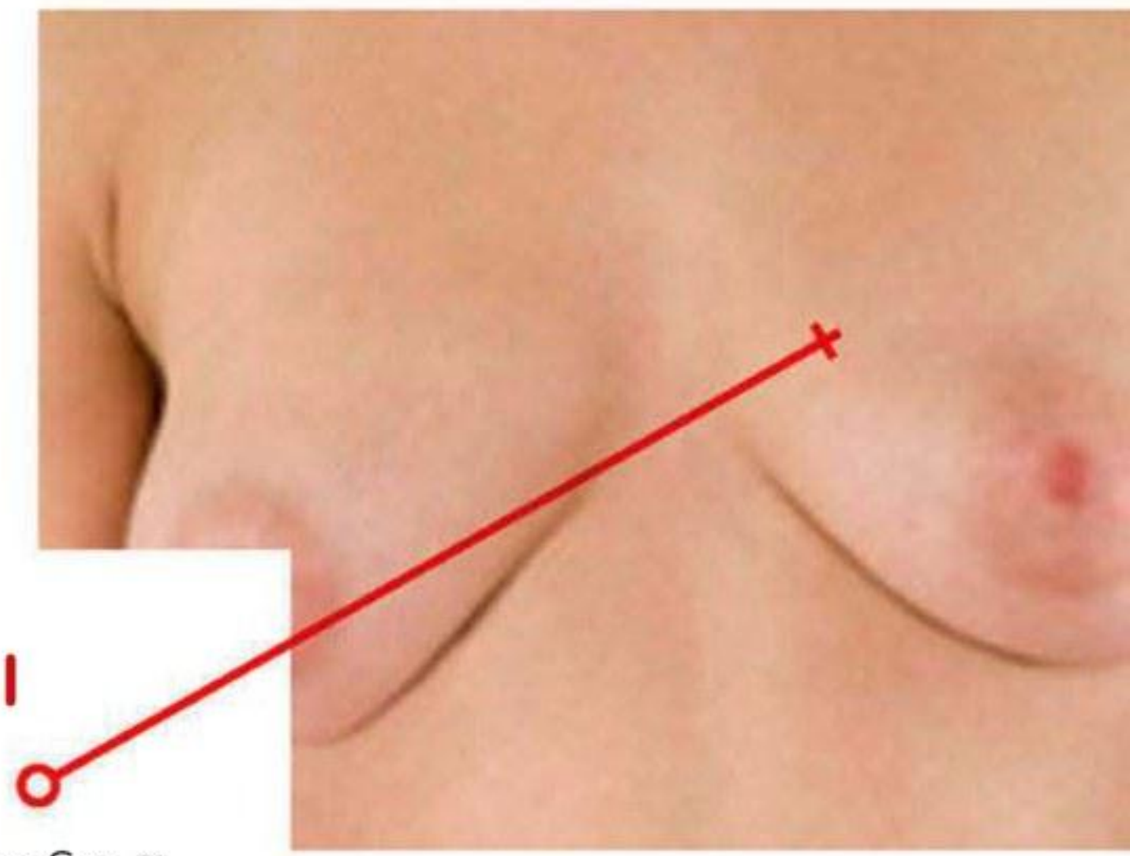
hairy

Rather call them: Fluffy
Why it's actually good: If this were Europe then it wouldn't be a problem. Over there, hairy female bodies aren't really a big deal. Maybe it's because the men are twice as hairy, therefore making the point moot. As for Pinays, account executive Dave, 35, reasons: "I like hairy girls because that tells me they're confident in their own skin, and that's sexy for me. In its own way, hairy can be pretty kinky, too."
Consider: Camilla Belle, Jennifer Connelly, Brooke Shields

SCIENCE SAYS
Hair is actually quite important. "Hair assists in protection of the epidermis from minor abrasions and from ultraviolet rays," says Dr. Javillonar. "Eyebrows and eyelashes protect the eyes from sweat, dust and debris. Nasal hair moistens the air we breathe and prevents air-borne foreign particles from reaching the lungs by trapping them beforehand."



Dark armpits can be the result of shaving, antiperspirants and deodorants, and the buildup of dead skin cells.



asymmetrical breasts

Rather call them: Cosmetic virgins
Why it's actually good: As graphic designer Gary, 32, puts it: "The difference in boob size lets me know that a girl hasn't had a boob job yet. I like girls that haven't had any work done, *kasi*." Ladies who still feel insecure about it, think of it this way: At least when you turn 90 degrees clockwise or counter-clockwise, you have a different-looking upper torso profile every time.
Consider: Angelina Jolie, Tara Reid, Heidi Montag—if we believe Hollywood *chismis* websites

SCIENCE SAYS
It is perfectly normal for one boob to be bigger than the other. Boobs grow during puberty under the influence of the estrogen hormone, and one will grow faster than the other. They eventually catch up with one another.

flat-chested

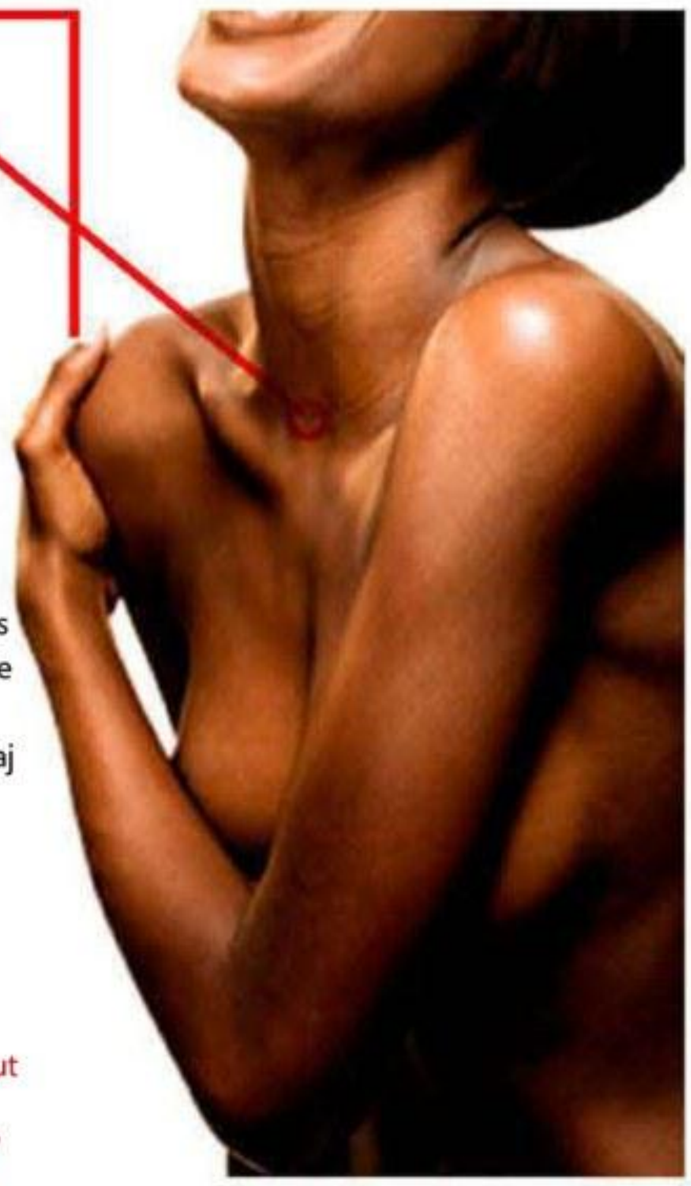
Rather call them: Skinny
Why it's actually good: "I'm not particularly a 'boobs' kind of fellow, but I think small boobs are cuter because they look perkier," says Rob, 28. "Proportion" is the operative term, as a woman who is not "built" to withstand the task of bearing the weight of large breasts may in fact injure herself. He adds: "I think they look much better than floppy boobs that sag all over the place."
Consider: Kim Chiu, Keira Knightley, Kate Moss

SCIENCE SAYS
"Fat makes up the majority of breast tissue," says Dr. Javillonar. "A woman's bust size, more often than not, is proportional to her build so that she can naturally bear the weight on her chest." When a skinny girl who is unsatisfied with her bust size goes in for a boob job, the problems can pile up. She might find herself having back problems because her body is adjusting to the foreign objects that have appeared on her chest out of nowhere.

dark-skinned

Rather call them: Very Filipina, Latina, black beauty, *morena*
Why it's actually good: Always keep this in mind: not all that's white glows. Understanding one's dark complexion makes it easier for them to flaunt it. Some people, like Malcolm, 39, a British businessman, would appreciate it very much: "Where I originally come from, all the women have a pasty complexion. I like dark skin on girls because it's something that, before now, I only saw on women in magazines. It's sexy for me because it's something out of the ordinary. All my friends back home think my dark-skinned girlfriend is super hot."
Consider: Alessandra De Rossi, Aubrey Miles, Venus Raj

SCIENCE SAYS
Dr. Javillonar says: "Measurement of human skin color is often based on a person's type of skin. Fair skin, freckling and red hair are associated with large amounts of pheomelanin and fewer of eumelanin. Light- and dark-skinned individuals have similar numbers of melanocytes but pigment-containing organelles, called melanosomes, are larger, more numerous, and more pigmented in dark skin."

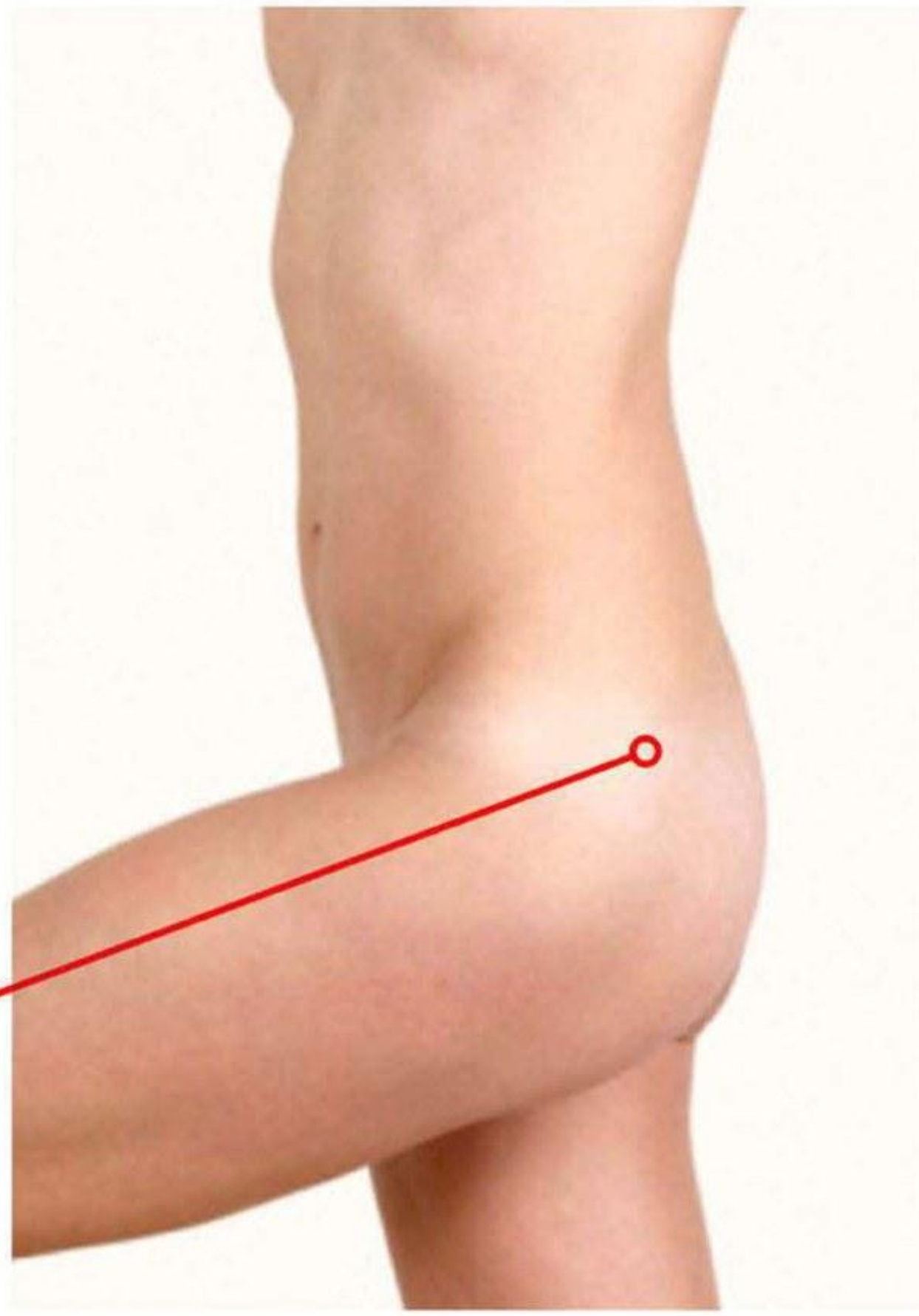


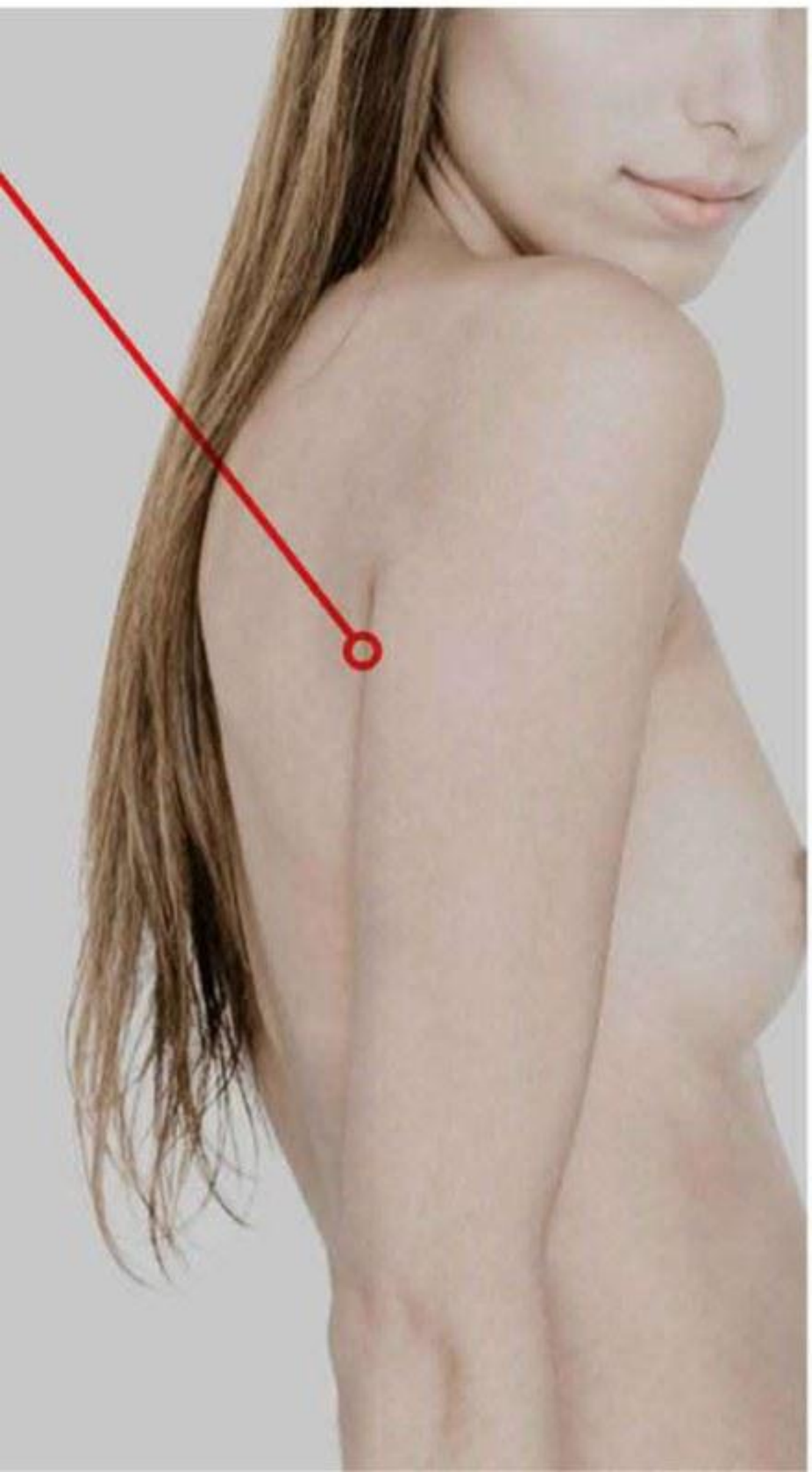
flat-assed

Rather call them: Lean, slender
Why it's actually good: "I like small asses better because they look leaner. And contrary to popular belief, you can still grab a skinny ass pretty well," says Mike, 28. Believe it or not, there are some women out there who believe they have too much "junk in the trunk" and would kill to have a small ass. Look at it this way: If you have a small ass, chances are you won't be ogled by as many douchebags as the woman with a big behind. You can operate under the radar. You can be the stealth specialist. And your ass is naturally toned compared to one that is large and looks like it's overflowing out of the wearer's jeans.
Consider: Natalie Portman, Leighton Meester, Gwyneth Paltrow, Chesca Garcia

SCIENCE SAYS

Nick Ng, a certified fitness coach and fitness writer on Livestrong.com, says women appear to have a flat butt because of either of the following reasons: "poor posture, lack of mass in the hip or a combination of both." Corrective and strength exercises may remedy this. "Corrective exercises," he says, "focus on improving your posture, while strength exercises help you increase muscle mass. Integrate both in your workouts to gain their benefits."





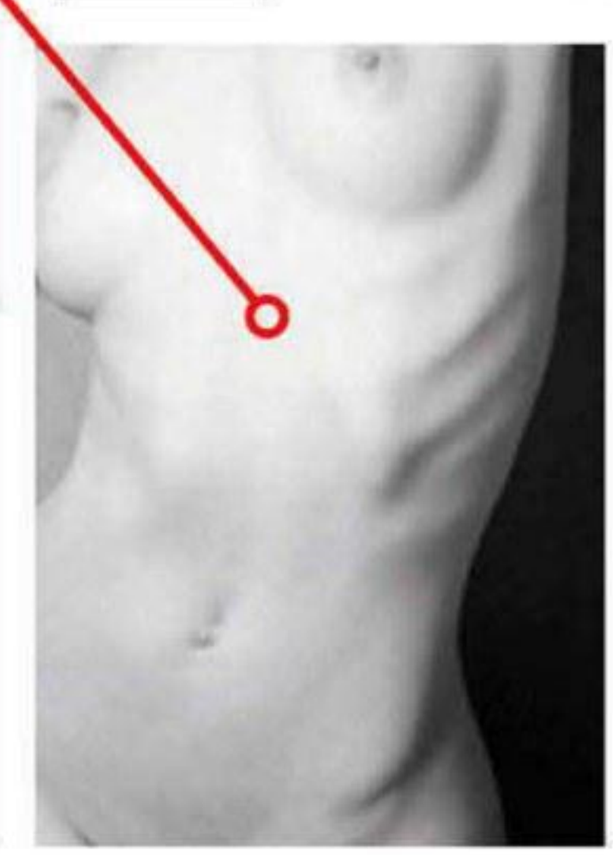
bony

Rather call them: Skinny, svelte, waif-like
Why it's actually good: "*Iba naman yung* malnourished *sa payatot*," says Herbert, 29, an entrepreneur. "*Para sa akin, gusto ko yung payatot na* girl *kasi sobrang payat din ako.* But in general, they're easier to lift when playing around. You won't strain your back." Moreover, guys, they're easy to carry when, for instance, there's a puddle on the road and you don't want their feet to get wet.
Consider: Most professional fashion models

SCIENCE SAYS

"In healthy individuals the thyroid makes up t3 and t4 hormones that regulate our metabolism, affecting how much calories we burn, how warm we feel, and how much we weigh," explains Dr. Javillonar. She says hyperthyroidism increases body metabolism, and makes one slowly lose weight even though they may be eating more."

36-24-35 is universally considered the perfect body measurement for a woman.



JAYCEE PARKER

Our one-time *FHM* covergirl on keeping up with her fellow Hot Babes, weight loss and true sexiness

PHOTOGRAPHY:
WESLEY VILLARICA

INTERVIEW:
ENRICO MIGUEL SUBIDO

STYLING: DEBRA BERNALES
MAKEUP: ARA FERNANDO FOR GUERLAIN
HAIR: ELAINE GANUELAS FOR L'OREAL PROFESSIONEL
SHOT ON LOCATION AT ENCORE, THE FORT STRIP, BONIFACIO GLOBAL CITY, TAGUIG CITY

The last time we saw you was 2006. What have you been up to since then?
I've done covers for other magazines, and some indie films. I did *Big Nights* and a film for Cinemalaya. *Si Techie, Si Teknoboy at si Juanab* was entered in Cinemalaya last year. It's a comedy and *yung* role *ko parang si* Miranda *sa Sex and the City*.

What has been keeping you busy now?
We had a reunion show for the Viva Hot Babes and we're going around now. We started in May. We're making the rounds of all the PAGCOR hotels all over the Philippines.

You work in a group that is choc-full of sexiness. What have you learned about yourself from being a part of the Viva Hot Babes?
Being in a group with eight to nine different women who are sexier, skinnier and prettier than me...

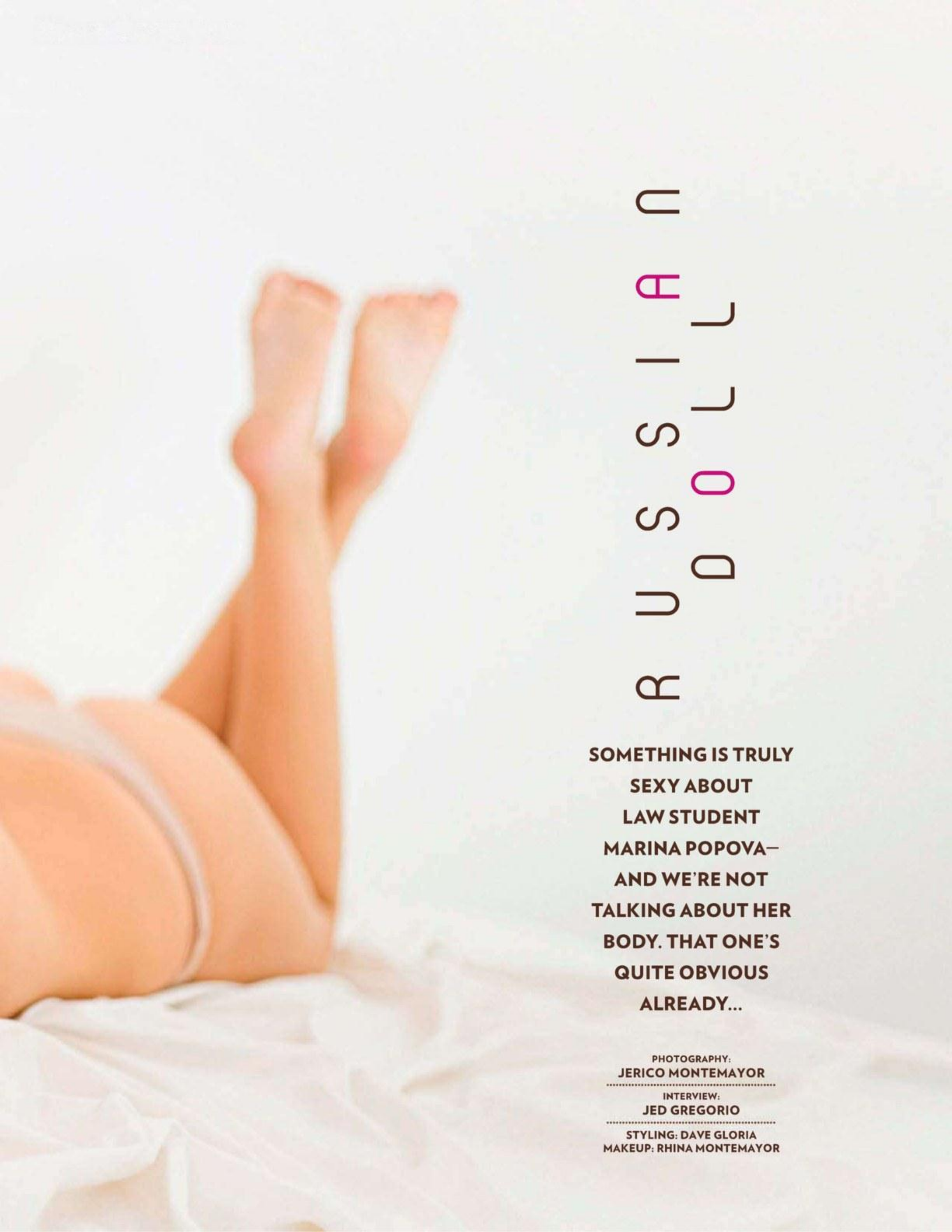
Aren't you being a little too modest there?
No, really, even the other members in the group somewhat feel the same way. To be competitive, *kailangan mong tapatan para hindi ka mapag-iwanan*. So I guess that being in my group, even if I'm not as sexy as the others, and if I might be more voluptuous than others also, I just have to put my self confidence high up. *Doon ako lumalamang*. Whenever I get to hold the mic, I talk more than them, and so I grab the attention. For the things that I may not have physically, I make up for it somewhere else. I'm *makulit* and *kalog*, so I can get the attention in other ways.

Rightfully so, we're giving importance to the fact that there is beauty in imperfection in this feature. What would you say are your imperfections?
Physically, I don't really like my mouth area, its kind of big for me. Also, I'm big boned, so *yun*. *Sa* characteristic *ng pagkatao naman*, I think I'm a bit bossy sometimes. I have a tendency to tell people what to do. Growing up in the States, I adopted a strong personality, so *nung dumating ako rito, napansin kong* there are people that I need to boss around, so yes, I became a little bit bossy.

Cool! Well, going to the meat of what we wanted to highlight this month, how, in your opinion, can a woman "flaunt what isn't there"?
You just have to have self-confidence, that's it. If you don't have boobs or an ass or a figure for that matter, you just have to have confidence in yourself; chin up, shoulders back, back straight. You shouldn't care what people say. Just go out there and be proud of yourself. And really, if you feel sexy, then you will look sexy.

Do you have more projects coming up in the future?
I can say that it's coming out this year, but I can't talk about it, so *sana abangan na lang ninyo*. I guess you can say that I'm looking forward to a new life. Just wait for me. I'm gonna do all that I can, get all the exposure that I can, and I'm coming back. All out!

We are looking forward to that. And before we go, complete the sentence: "True sexiness..."
True sexiness comes from deep within. You cannot buy it; you cannot have it "done." It's in you; you just have to bring it out. **FHM**



RUSO LALA

SOMETHING IS TRULY SEXY ABOUT LAW STUDENT MARINA POPOVA— AND WE'RE NOT TALKING ABOUT HER BODY. THAT ONE'S QUITE OBVIOUS ALREADY...

PHOTOGRAPHY:
JERICO MONTEMAYOR

INTERVIEW:
JED GREGORIO

STYLING: DAVE GLORIA
MAKEUP: RHINA MONTEMAYOR

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If Sarah Palin is to be trusted and indeed you can see Russia from Alaska, then maybe we'll reconsider relocating, just so every now and then we can snatch a glimpse of our newest Russian crush Marina Popova.

Extremely lovable Marina is 23 (her waistline is pretty much along that numerical range, in inches) and studying law. She also has a pretty diverse taste in movies. She talks about the surreal, mind-fucky *The Fountain* and gratuitously violent Tarantino film *Death Proof* in one sentence. So if you can conjure a sentence with *Schindler's List* and *The Simpsons* separated by a measly comma, you just might catch the Attorney's fancy. She can teach you a thing or two about international anti-sexual harrassment laws, too.

How do you find our little country?
I'm totally in love with this place. Everybody who I've met here were super kind and nice and always ready to help if I needed it.

Would you say you're super kind, too?
I don't like to talk about myself! Maybe I'm too shy, ha ha ha! But I always try to make myself better. I feel like if I'm doing nothing, I'm not alive.

Making yourself better—how exactly do you do that?
Whatever I do in my life, I try to do it the best way I can. I guess you can say I'm an idealist.

Since you're shy, what can people do to make you more comfortable around them?
It's hard for me to open up to people if I don't know them too well. But if I meet anyone who wants to know me better, I can definitely be open with that person. I just need time.

Will you continue modeling when you're already a lawyer?
Of course, model age is not forever. At some point in the future I plan to stop, perhaps start something new. Studying law is just one of the options.

What do you think is a unique characteristic of Russian women?
It's no secret that the most beautiful women are Russian. But the secret really is how they can keep their beauty while working really hard, like taking care of their children and doing house work at the same time.

What do you like to do for fun?
I always try to find time to swim. My father is a swimming coach, that's why I started doing it very early. Also, one of my favorite hobbies is mountain skiing. As you know in Russia we have a lot of snow. In Russia, it's all about active sports, but I also enjoy lazy time reading books and watching TV.

Since it's snowy in Russia, do you like going to the beach?
A lot of people think it's always cold and snowing in Russia, but that's not true! In the summer we have a really hot season and I do like to go to the beach. Here in the Philippines I've spent a lot of time in Boracay, which is a lovely place. I actually celebrated my birthday and New Year's there. The Philippines is really a popular place to travel among Russian people.

You mentioned books. Your favorites?
I like to read Russian literature. Anatoliy Toss, Dmitriy Lopskerov, Viktor Pelevin—they're my favorites.

How about TV shows?
Usually I watch *Family Guy* and *Big Bang Theory*. They're so funny! I'm also crazy about movies. I can watch movies all day long, nonstop. Favorites would have to be *The Fountain, Into the Wild,* Quentin Tarantino's *Death Proof*. I also happen to be in love with *Black Swan*. It's me! It shows the way you make yourself better, or perfect.

For you, what is the best part of your body?
I like the part where the ribs are. I don't know why! Ha ha! I'm going to have a tattoo done there soon.

What do you think of Filipino men?
I can't say a definite opinion, because I haven't fully experienced the Philippines yet. But I have some friends who have found their boyfriends here in the Philippines, and they seem to be absolutely happy. I'm often told they have found the right one for them!

Are you now in a relationship?
Yes, I have a boyfriend. He is from Brazil.

Any relationship advice for us?
I think when you're in a relationship, you have to always be interested. It's hard sometimes, but it's the best way to keep the relationship alive for a long time. **FHM**

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AS A TRAIN HURTLES THROUGH THE BEAUTIFUL EUROPEAN COUNTRY-SIDE ON THE WAY TO AMSTERDAM,...
WE FIND OUR HERO...

...CONTEMPLATING WHERE THE SEARCH FOR HIS FATHER HAS BROUGHT HIM.
NOW I'M HEADING TO ANOTHER COUNTRY.
WHEN WILL THIS ROLLER COASTER OF A QUEST EVER END?
AND GOSH, THIS HALLWAY IS A BIT TOO CRAMPED.
SEASON 3 EPISODE 7
TRAIN RIDE TO AMSTERDAM

HMMM, WHAT NOW?
MY SEAT IS ON THE OTHER SIDE OF THAT DOOR. I WONDER IF I CAN SQUEEZE PAST HER ALONG THIS NARROW CORRIDOR?
WHAT THE HECK IS SHE DOING IN THE MIDDLE OF THE HALLWAY ANYWAY??

UHM. EXCUSE ME MISS, JUST PASSING THROUGH.
ERR. SOME-THING IN YOUR PANTS SEEMS TO BE POKING ME.
MOVE A BIT TO THE SIDE SO THAT YOU CAN SLIDE IN.
PRESENTED BY
Premiere MAX
Feel the Thrill
FHM'S
THE NEW ADVENTURES OF
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DENISE! I THOUGHT I TOLD YOU TO JUST WAIT INSIDE.
OH, OLGA. I WAS JUST LOOKING AT THE SCENERY. WAIT! DON'T OPEN THE DOOR...
WOOSH!!!
URK! MUST-NOT-FALL-DOWN..
DENISE, 21 AND OLGA, 22
HOT CHICKS ON A MISSION...

UH OH! TOO LATE! TIMBEEERRR!
NGGH!!
GRAAGAH!!
SERVED AND COOKED BY DIGITALARTCHEFS.COM

OOOPS. SORRY ABOUT THAT MISTER. I HOPE YOU DIDN'T BREAK ANYTHING.
HMM.. MY FACE JUST FELL ON THE SOFTEST THINGS ON EARTH...
DON'T WORRY ABOUT ME MISS. UNGGH.
DENISE, I TOLD YOU WE'D PICK UP GUYS WHEN WE REACH AMSTERDAM...
THOUGH, IN FAIRNESS, YOU'VE PICKED A WINNER THIS TIME...
...A CERTIFIED STUD BY THE LOOKS OF HIM.
FORGET ABOUT OUR PLAN. WE MIGHT AS WELL HAVE FUN HERE ON THE TRAIN.
UH, WHAT DO YOU MEAN?
OLGA, WE DON'T EVEN KNOW HIM.
WELL, ONE THING I DO KNOW ABOUT HIM, HE COMES PREPARED.
LOOK WHAT JUST FELL OUT OF HIS BACKPACK.
SAY STRANGER, CARE FOR A ROUND OF FUN IN OUR CABOOSE?
DON'T WORRY MISTER, I'LL MAKE SURE OLGA BEHAVES...
...BUT NOT THAT MUCH. PLEASE, DO ACCEPT THE OFFER.
UM. OKAY! I GUESS I COULD PLAY AROUND.
Premiere MAX Cruise Control
Premiere MAX EarthQuake
GREAT! THAT'S SETTLED THEN. LET'S GET THIS STARTED!
PREPARE FOR YOUR MOST UNFORGET-TABLE TRAIN RIDE!
AS THE TRAIN GOES INTO THE TUNNEL, THE FUN COMMENCES...
Premiere MAX
Feel the Thrill

OH, MISS DENISE!!! YOU ARE SO HOT!!! IT'S A GOOD THING I'M WEARING CRUISE CONTROL. I COULD GO ON FOREVER!

OH YEAH!! EREK! THAT'S IT! KEEP ON GRINDING! KEEP ON SHAKING!!! WOOHOOO! MAKE ME TREMBLE ALL OVER!

OHHH OHHH OHHH

OHHH OHHH OHHH

Premiere MAX EarthQuake

MAGNIFY THE PLEASURE AND FEEL THE EARTH-SHATTERING QUAKE OF PREMIERE MAX EARTHQUAKE!

Premiere MAX Cruise Control

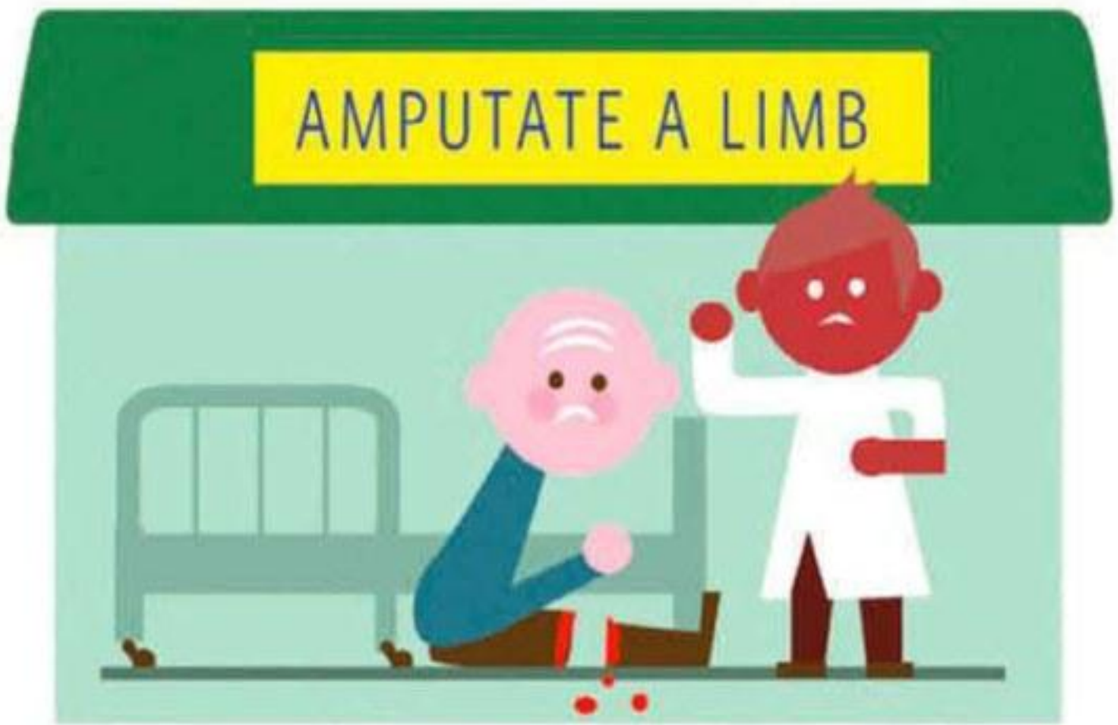
COME IN STYLE. PLEASURE IS A CRUISE WITH PREMIERE MAX CRUISE CONTROL!

AND LIKE ALL TRAIN RIDES...

IN CASE OF
EMERGENCY
Assist a woman in labor! Extinguish an electrical fire! Cut off a limb!
You'll never know when these skills will come in handy. Better learn them now

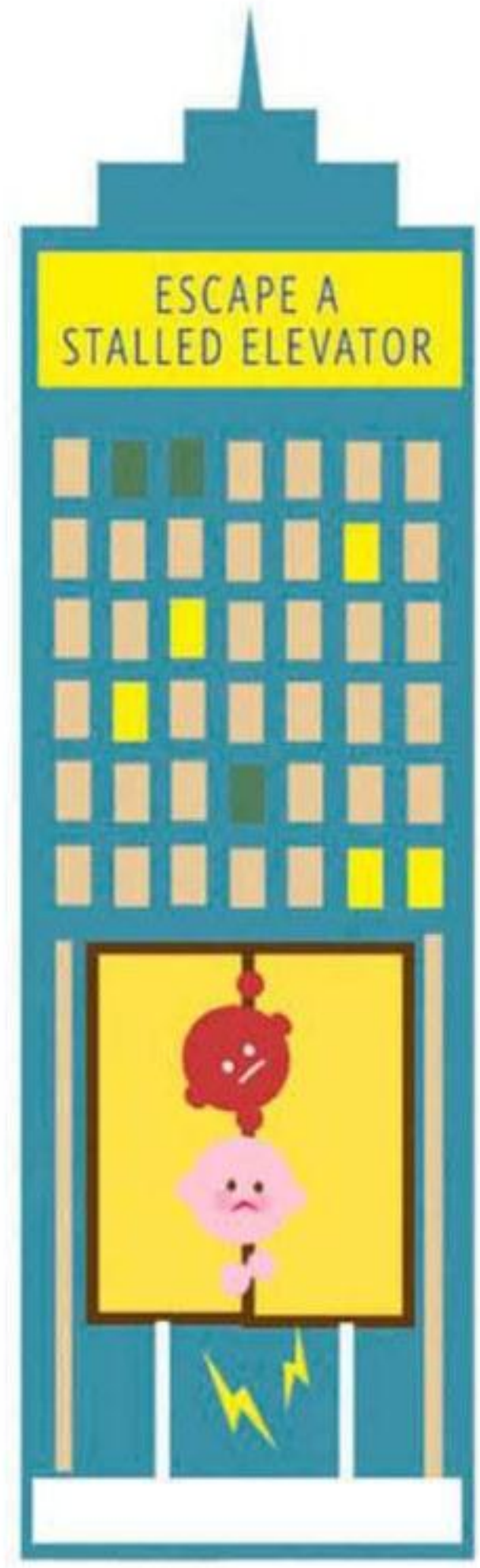
WORDS: KHYNE PALUMAR, CHARMAINE Z. CHANCO, LAMAR ROQUE

ILLUSTRATION: TRACY BEVERLY SANTUYO



Dr. Marjorie Osorio, general practitioner at the Philippine General Hospital says the only reason to amputate an appendage from a medical standpoint is "when the very thing that caused it damage is threatening your other body parts to be damaged in the same way, possibly greater."

1 Tie a tourniquet between your heart and directly above the organ that needs hacking off. Tourniquets are tied tight to keep the damaged organs from giving and receiving blood from your heart and to keep too much blood from spurting fountains during limb chopping.
2 Sterilize your blade using copious amounts of alcohol, a 30-second soak in boiling water, or passing fire on the blade via a lit lighter/match stick until the blade is hot and damp. Do one of the three and not one after the other.
3 Ice the area on the limb where you're supposed to cut through. This coagulates the blood, and numbs the outer limb, serving as rough anesthesia, assuming you are without one. If with one, drink or inject before sterilizing your blade. Pinch the iced area to check if numb enough to push through.
4 Cut through the surface flesh by pressing hard down the skin. When you reach the bone or marrow, that's the time to move the blade in long saw-like forward and backward movements, hacking until the limbs separate. Bring the blade down in a swift chopping motion if fingers are the case.
5 Tie a clean cloth around the now severed limb. Keep icing over, not into the wound until help arrives.



1 Make noises to let people outside know there's a living thing inside. But most fireproof materials are also soundproof. Kick and pound on the walls to generate outside vibrations.
2 Take action. Every elevator has a service shaft screwed shut above your head. Destroying it will lead you into a line of pulleys overhead, the topmost of which is the building's rooftop–your exit. The only great danger is if the elevator starts moving.
3 Wait it out. Stalling elevators are sometimes scarier in theory than actuality. Robinsons Cybergate Tower III building services personnel suggests instead that you wait it out. An emergency button is always a hit away. And if within cellular signal, there's always your phone.

Section VIII of the National Building Code of the Philippines requires elevator panels be made of "fire-resistive" materials, meaning the upside of getting stuck is not burning to death if there happens to be a fire, too.

1 Your woman and child's vulnerability to microbes is your primary concern. "First step is to ensure that the place where she'll give birth is as sterile as possible," Dr. Edwin R. Gonzales, gynecologist at the Medical City, says. Which means if you find yourself in a dusty warehouse, move elsewhere.
2 Heavily panting and pushing means the baby is coming. "*Pag ire na siya nang ire, ibig sabihin* full dilation *na siya*, 10 cm.," Dr. Gonzales explains. "*Pag nagpu-push* down *siya, bumaba na yung ulo ng* baby. *Lalabas nang kusa yun sa kaka-ire niya.*" At every contraction, encourage her to breathe deeply in long even motions, and stand ready to assist (but not pull) the baby out.
3 When the baby's head is visible from view, all you do is wait. "Actually, you don't have to pull the baby out *dahil lalabas siya nang kusa*," he adds. Hold the baby with both hands supporting its head, spine and backside.
4 What to do with the umbilical cord? "*Nasa loob ng matres iyon at hindi mo puwedeng basta hilahin.* You will have to wait for some time *kasi kusa namang hihiwalay yun sa matres*," Dr. Gonzales explains. It's a balance of patience and keen observation. Make sure the cord isn't wrapped around the infant's neck. If it is, tenderly ease your fingers into the cord-neck gap and set the cord loose.
5 The baby's out. Keep her warm. Envelop the infant in clean towels and cloth. On the surface, everything may seem all right. But at this juncture, mother and child are in great need of a doctor and health facility to pick up where you left off. Find them.

Thick protective fluid (amniotic) and gooey material surround a baby while inside a woman's womb. When her "water breaks," the fluid is flushed out, readying your baby to exit the same pipes, and cueing her body that it's time to start pushing.

HERE'S WHAT SHOULD BE IN YOUR FAMILY DISASTER KIT

- One-gallon of water per person for at least three days in plastic containers.
- Three-day supply of non-perishable food like peanut butter, canned food and juices, milk, soup and sweetened cereals.
- First-aid kit
- Basic tools like knife and cutters.
- Clothing and blankets which could serve as makeshift beds
- Important documents wrapped in airtight plastic

1 Earthquake is the initial sign of an approaching tsunami according to the guideline released by The Philippine Institute of Volcanology and Seismology (Phivolcs). If it is a "felt earthquake" or an earthquake with an intensity of four and up, be concerned.

2 A sudden rise or drop of water along the shoreline means a tsunami is very likely. It's caused by a very strong quake that shifted parts of the seabed, disturbing the mass of water over it.

3 The rumbling sound that follows is a clear-cut confirmation—and final warning—that roaring waves are coming. Local government units and barangay officials should warn communities of imminent danger in 20 minutes or less. Follow evacuation procedures.

4 Remember, waves can rise up to five meters or higher, so get to the highest ground near your area to be safe. Philvocs assures that all coastlines have designated tsunami evacuation areas that are far from the shore. Know the shortest possible and safest route to get there. Run like hell.

5 Don't be a hero. Leave rescue efforts to highly trained professionals.

Also called a wave train and incorrectly referred to as tidal wave, tsunami is a series of monstrous waves measuring around five meters in height that is generated by underwater earthquakes. Coastal regions of oceans and large lakes are mostly at risk.

1 Relax. "Breathe deeply. Talk to your woman, tell her to steady herself and keep calm," says gynecologist Dr. Abe Marinduque. "Because a contracted vagina is a tense vagina. It's a domino effect. You won't get the vaginal muscles to release contractions unless your woman relaxes. You can't get your woman to relax if you aren't either." Expert tip: Yanking your penis out will do nothing.

2 Say yes to drugs. When unable to keep calm, muscle relaxants come next. Call an ambulance to take you to the ER and have the relaxant administered there. Or have the doctor send you one. "One example of a muscle relaxant for this problem is 10mg of Valium (you need a prescription for this). Although the quickest way for relaxants to take effect is through the bloodstream. And doctors are able to inject it." Applying any form of lubrication won't do. "*Siguro* that can work if it's on the outside, but the problem is not on the outer genitalia, it's inside the muscles of the vagina."

"This is very rare," says Dr. Marinduque. "But it has nothing to do with the size of a penis." Causes range from the yet unexplained to prior experiences of sexual abuse.

WORST-CASE SCENARIO!

If your penis gets stuck for a prolonged period, it gets gangrene. "The contractions in the vagina prevent it from circulating enough blood. In short, it dies," Dr. Marinduque warns. When it dies, the doctors might have to cut your penis off. Ouch!

1 Locate the area in the skin where venom made its entrance. It should be an open wound and it shouldn't have been more than 15 minutes since the poison stung. Shallow mouth siphoning won't prevent it from traveling in the person with venom veins by then.
2 Level the poisoned appendage below the person's heart to limit the venom's travel time. Encourage the person to keep calm. Panicking means a higher heart rate and a higher heart rate means blood travels faster to the heart. Venom dirtied-blood to the heart means game over.
3 Siphon the poison out using your mouth. Sucking like you normally would a straw, but on an open wound. Efficiency should not be a concern. "It's better you siphon the venom into your mouth in smaller takes, then spit it out, and do it repeatedly, than try to get the poison out in one mouthful," says Dr. Osorio. That way you don't run the risk ingesting it. Although the doctor qualifies, from a medical standpoint, that suctioning venom via mouth will only take out a clinically insignificant amount of venom and majority of the poison will remain.
4 Apply a tourniquet between the heart and above the open wound fending off the remaining poison until medical help arrives and doctors administer anti-venom. Like hacking off limbs, doctors consider venom-sucking less a first aid measure and more a last resort. Extreme emergencies are the only time to do it.

Venom only kills when it enters your soft tissues and bloodstream. If attempting to suck venom off while having open wounds and lesions in your mouth—Don't.

1 Pop a pill. WHO recommends that you take potassium iodine pills if you somehow inhaled or swallowed radioactive material. These reduce radiation's side effects and the risk of cancer in the long run. The pills must be taken immediately after exposure. Look for FDA-approved brand names ThyroShield, IOSAT and Thyrosafe, sold over the counter.
2 Undress. If you need to go into a room after exposure, remove all your clothes, shoes and store it in plastic bags before entering to prevent contamination at home. Keep the contaminants away from children and animals since they are more vulnerable than adults.
3 Take a shower with warm water, soap and cold water right after. Surrender your contaminated clothing and personal items to authorities. It must be professionally disposed to prevent spread of radiation.
4 Turn off the fan if required to stay at home. Stay in a room without doors and windows. Ventilation systems like electric/exhaust fans and aircons must be turned off.
5 Don't eat dairy products or vegetables from the area near the center of radiation. Air and rainwater can easily contaminate them. Slaughtering livestock, fishing and harvesting within a 20-kilometer radius from contaminated area is also a don't.
6 Wrap everything. Wrap every available and uncontaminated food in tight plastic and tin foil.

The effects of radiation exposure can manifest in a prolonged or immediate timeframe. Victims who survived the atomic bomb in Hiroshima in 1945 suffered from leukemia in the same year. Others acquired various types of cancer 10 years later.

1 Never douse water on fire. Elementary science taught us water is a good conductor of electricity. The same principles apply when electrical fires break out. "These are the most dangerous and trickiest kind to put out," says Manila reserve firefighter Rodrigo Padilla. "Water only makes the flames larger and angrier." Worse, live wire dunk in water can cause electric shock. If the fire is small and manageable, put it out by throwing loads of baking soda, sand or salt on it to dissipate heat and smother the flames. If still rapidly spreading—run!
2 Kill the switch. Instead of running for the water bucket, dash to the circuit breaker and shut down the main power source. When doing this, hold a piece of dry cloth as deterrent and be sure your hands are not wet.
3 No fire extinguishers, please. Only use the kind with class-C or multi-purpose ABC clearly marked on it. If in doubt, don't use it at all! Other extinguishers are loaded with water, which could spell more trouble.

The Bureau of Fire Protection reports most fires start at home, with 70 percent being classified as electrical fire. The usual culprits: Faulty electric sockets, jumpers and overloading. FHM

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Swedish Sin

Sultry Swede Linda Persson will bring out your naughty side

PHOTOGRAPHY: **PAUL TICZON**

INTERVIEW: **JASON TULIO**

STYLING AND MAKEUP: **JO TICZON OF BENEFITS STYLE SALON**
HAIR: **DONN DONATO OF BENEFITS STYLE SALON**
SWIMWEAR BY **cocomoclothing.multiply.com**
ACCESSORIES BY **ISABELLA**

Stereotypes are often pointless, nothing more than woefully inaccurate assumptions. For example, there's that popular idea that all Filipinos can sing. Think back to your last drunken *videoke* outing with your friends, and you'll soon think otherwise. However, some stereotypes do have interesting upsides.

If the film *Eurotrip* taught us anything, it's that European girls are a wild and crazy bunch. With their hot accents and penchant for public nudity, it's hard to argue. Nestled in the heartland between Norway and Finland, the women of Sweden are no exception.

And while you might not want to shell out for your own European adventure just yet, one can always look to what our own shores have to offer. Meet Linda Persson, a newcomer to the Philippines, yet still European in all the right ways.

Tell us a little bit about yourself.
My name is Linda Desiree Persson, I'm 20 years old. Moved from Sweden to Manila in October last year, so I don't speak Tagalog yet, ha ha! I studied fashion design back in Sweden and graduated last summer.

So what have you been doing here in Manila?
I work as a model/bartender.

How do you find your experience working with *FHM*?
It's been so much fun! I love the people I'm working with and there's always something new to learn everyday, so keep the days coming.

What is it about Swedish girls that set them apart from all the rest?
Ha ha! Swedish girls are known for being crazy! And most of the Swedish girls I know, they really are crazy.

Is the stereotype true that Swedish girls are more liberal with their sexuality?
I would say, yes we are!

What do you look for in a guy?
I want a guy that can make me laugh. That's the most important thing in a guy, but of course he has to be kind and stuff like that. I would say a guy who knows how to treat a lady, and make her laugh.

What does it take for a guy to approach you?
All it takes for a guy to approach me is for him to not be shy. Just be yourself.

How do you say, "Can I have your number?" in Swedish?
Kan jag få ditt nummer?

Is Swedish chocolate really as good as they say?
Oh my god, yes it really is! Everyone who's tasted the Marabou chocolate knows what I'm talking about, ha ha!

Any final words to the readers?
Keep reading *FHM* and vote for me as the next Premier Vixen. Thank you! **FHM**

What's in your WATSONS

GROOM for improvement

Still think all men and women are created equal? Not when it comes to hygiene. Debunk the grooming myths you've so long believed—and stop smelling like a woman.

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where you can find top-quality brands that have you and your unique nature in mind. No more rummaging through your lady's toiletries—there's grooming products available for you right here.

MYTH: Ladies dig the natural musk of a man.
TRUTH: Not when you've just come out of the gym, they don't!
TRY: Dove Men+Care Energising Spice 24H Anti-Perspirant Deodorant, Old Spice High Endurance Dry Cream, Adidas Pure Game Shower Gel

MYTH: Rugged is hot; therefore, looking unkempt is.
TRUTH: Even the 'rugged look' takes more than 30 minutes to achieve—it's not synonymous to the 'just-got-out-of-the-bed' look.
TRY: Master Facial Scrub Ice Pore Minimizer, L'Oreal Men Expert Hydra Energetic Skin Reviving Moisturizing Gel, L'Oreal Men Expert Pure & Matte Eye Roll On, Gillette Mach 3 Turbo

MYTH: There are three attributes to the perfect man: tall, *dark*, and handsome.
TRUTH: Healthy skin with an even tone is what's attractive, and that's something whitening products can help you attain.
TRY: Belo Men Whitening Face Wash, Master Facial Toner Whitening, Vaseline Men UV Whitening Body Lotion, Nivea For Men Body Lotion Whitening Cell Repair & Protect

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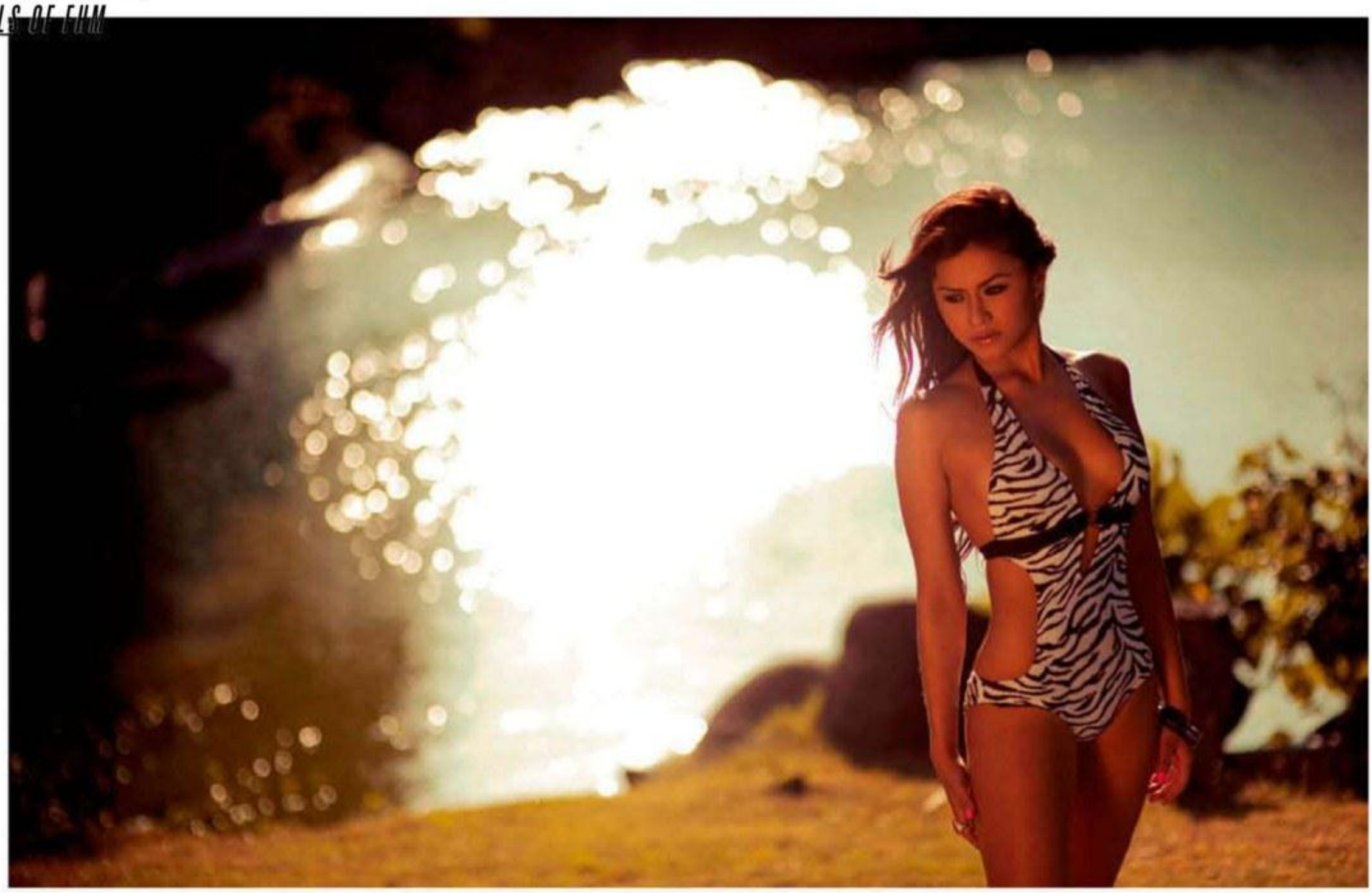

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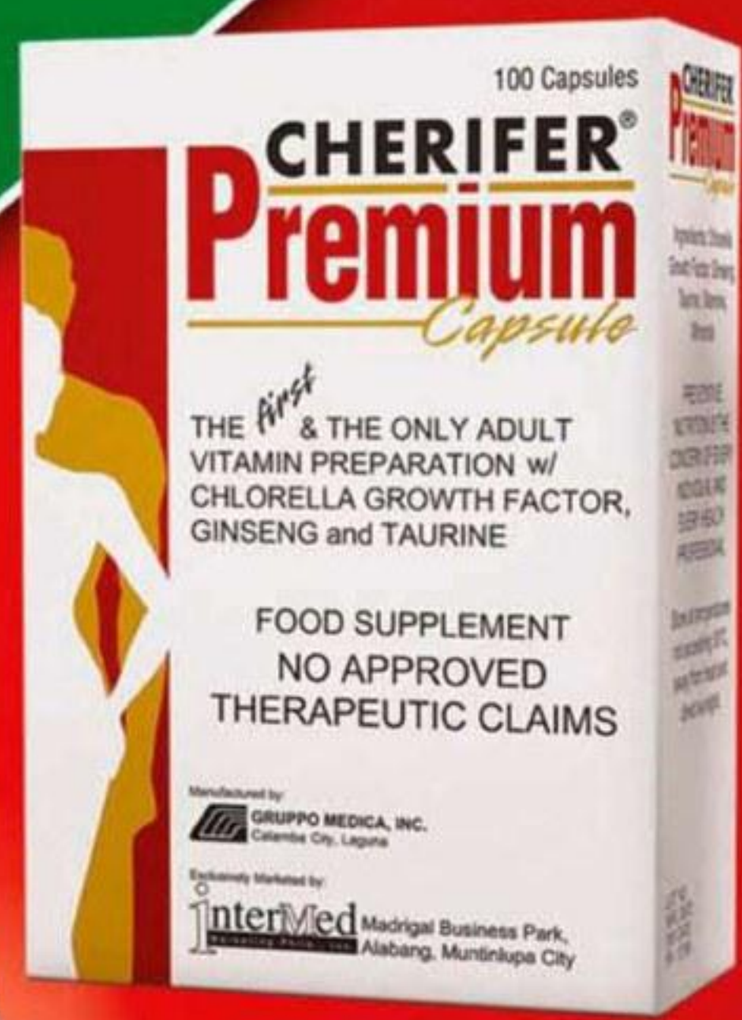

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THE RULES OF RUSH HOUR

Leave late, arrive on time! We suggest alternative and horde-free routes that won't waste much of your time during the hell hours of 7 to 10a.m. and 4 to 8p.m.

WORDS: **CHARMAINE Z. CHANCO**

SPECIAL THANKS TO MANDALUYONG TRAFFIC ENFORCER VICENTE CHAVEZ, HENRY BORJA, RAMIL SACRIS, CELSO CASTILLO, BAJIE MENDOZA AND MACKY CAYABYAB

You'll only need to bear 15 to 20 minutes of traffic via this route as compared to using the standard Sucat/NAIA road, which eats up a minimum of 45 minutes to an hour at rush time.

Buying a prepaid Stored Value Card early on eliminates the need for you to fall in line for bag checking and fall in line again to buy a ticket. Time savings: around 30 minutes.

SOUTH OF THE METRO

CHEAT TRAFFIC

Timesaving travel tips you should always keep in your back pocket

• If you get stalled in traffic for an unreasonably long time, you can call the MMDA hotline (136) or the duty officer (0917-5618711) even at ungodly hours to report or be informed about the traffic situation in the area.

• When hailing a cab at malls, the guards will strictly require you to fall in line at designated taxi stops. If you're in a rush, simply cross the street from the mall or walk to the next building to freely get a cab without falling in line.

• If unavoidable, it's best to traverse the often congested Emilio Aguinaldo Highway during the late hours of 11p.m. to 1a.m.. Beware though that from 2a.m. onwards buses and jeepneys immediately become scarce arriving at an average of one in every 30 minutes. Taxis, almost nil.

• According to Sandy, a taxi driver who admits to using *batingting*, taximeter cheats are installed from inside the hood so there's really no need to break the LTFRB seal. It's also a misconception that new taximeters are cheat-free. The modified *batingtings* that are now in use are buttonless. It automatically charges almost twice as fast as standard meters. His advice: Ask for a receipt and counter check your kilometer speed reading.

• Allocate an extra 20 to 30 minutes during sudden rains. It can translate to longer-than-usual traffic buildup, specifically in flood prone areas like España, Edsa, parts of Makati and Quezon City.

MRT/LRT

Bus

Jeepney

Commute

Private vehicle

LAS PIÑAS TO GLOBAL CITY

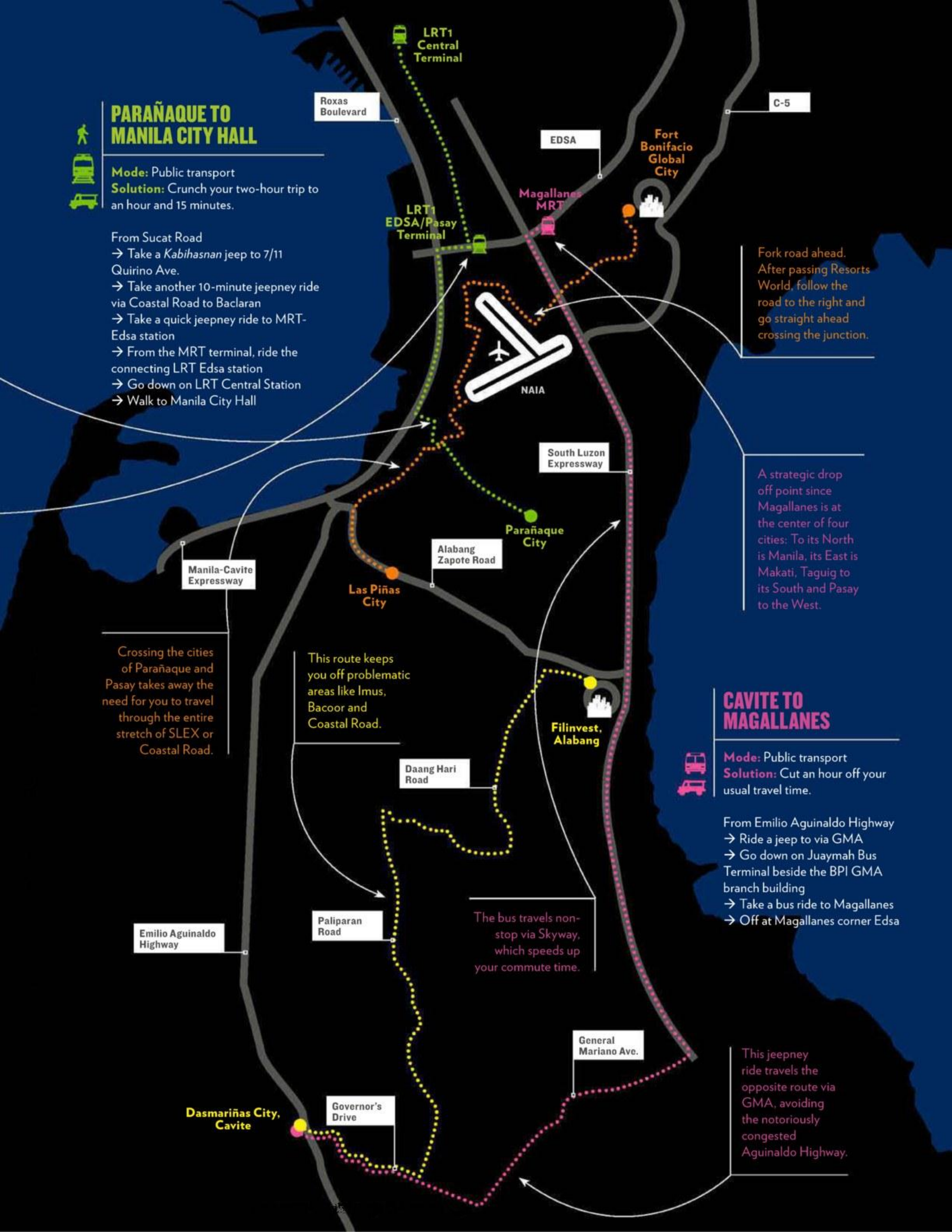
Mode: Private vehicle
Solution: Taking the less traveled route saves you around 30 minutes and the cost of toll fees.

From Zapote Road, take Quirino Avenue
→ Turn right at the new C5 extension
→ Go off at Multinational Gate 1 exit
→ Make a right at Ninoy Aquino Avenue
→ Right turn at Domestic Road
→ Make a right on Andrews Avenue
→ Left on Lawton Avenue
→ Turn right at McKinley Road
→ Left at 26th Street
→ Right to Fort Bonifacio, Global City

CAVITE TO ALABANG

Mode: Private vehicle
Solution: Cut a two-hour travel time to 20 minutes.

From Emilio Aguinaldo Highway
→ Turn left to Governor's Drive
→ Turn left to Paliparan Road
→ Straight to Molino
→ Right at Daang Hari
(The road right after SM Molino)
→ Right to Alabang



PARAÑAQUE TO MANILA CITY HALL

Mode: Public transport
Solution: Crunch your two-hour trip to an hour and 15 minutes.

From Sucat Road
→ Take a *Kabihasnan* jeep to 7/11 Quirino Ave.
→ Take another 10-minute jeepney ride via Coastal Road to Baclaran
→ Take a quick jeepney ride to MRT-Edsa station
→ From the MRT terminal, ride the connecting LRT Edsa station
→ Go down on LRT Central Station
→ Walk to Manila City Hall

Fork road ahead. After passing Resorts World, follow the road to the right and go straight ahead crossing the junction.

A strategic drop off point since Magallanes is at the center of four cities: To its North is Manila, its East is Makati, Taguig to its South and Pasay to the West.

Crossing the cities of Parañaque and Pasay takes away the need for you to travel through the entire stretch of SLEX or Coastal Road.

This route keeps you off problematic areas like Imus, Bacoor and Coastal Road.

The bus travels non-stop via Skyway, which speeds up your commute time.

CAVITE TO MAGALLANES

Mode: Public transport
Solution: Cut an hour off your usual travel time.

From Emilio Aguinaldo Highway
→ Ride a jeep to via GMA
→ Go down on Juaymah Bus Terminal beside the BPI GMA branch building
→ Take a bus ride to Magallanes
→ Off at Magallanes corner Edsa

This jeepney ride travels the opposite route via GMA, avoiding the notoriously congested Aguinaldo Highway.

METRO MANILA

ROXAS BOULEVARD TO PASIG

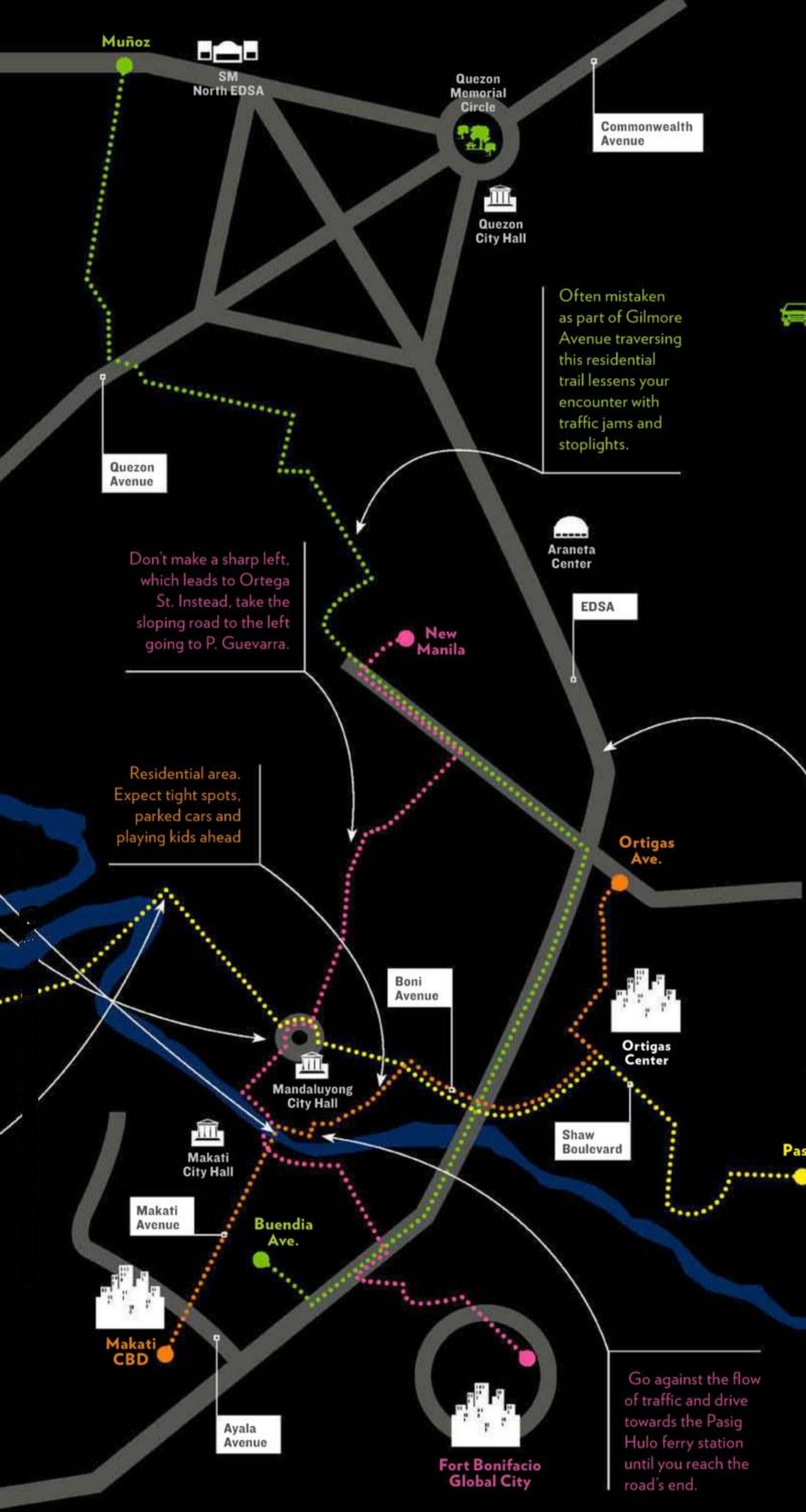
Mode: Public transport
Solution: Take the shortest way from the Westmost part of the map to the East.

From Roxas Boulevard, take Pedro Gil
→ Ride a jeep to Sta. Ana-Tulay
→ Get off at Gabbys
→ Ride a jeep via Boni Avenue
→ Drop off at Pioneer Street
→ Take a tricycle ride to Shaw Boulevard.
Landmark: One San Miguel Bldg.
→ From Shaw, ride the jeep to Bagong Ilog, Pasig

MAKATI TO ORTIGAS

Mode: Private vehicle
Solution: Use this route if it's bumper-to-bumper on Edsa and you only have 30 to 45 minutes to spare.

Makati Avenue
→ Go past Makati-Mandaluyong Boundary bridge
→ Turn left at Coronado Street
→ Another left on E. Pantaleon
→ Left again at Barangka Drive
→ Turn right to Boni Avenue
→ Cross the Edsa Underpass
→ Straight to Pioneer Street
→ Left on Shaw Boulevard
→ Right on San Miguel Avenue
→ Ortigas



MAKATI TO MUÑOZ

Mode: Private vehicle
Solution: Reach Muñoz in 40-minutes via residential route.

From Buendia
→ Turn left to Edsa
→ Turn left at Ortigas Avenue to San Juan
→ Straight to Granada Street
→ Make a right at N. Domingo Street
→ Left on Balete Drive
→ Left on E. Rodriguez
→ Right on Tomas Morato
→ Left on C. Roces
→ Right on Quezon Avenue
→ Left on Roosevelt
→ Muñoz

NEW MANILA TO GLOBAL CITY

Mode: Private vehicle
Solution: Use the interwoven residential streets adjacent to Edsa to get there.

Santolan Road
→ Turn right to Ortigas Avenue
→ Make a right on Wilson Street
→ Left to P. Guevarra
→ Left to Luna Mencias
→ Right on Shaw Boulevard
→ Left on F. Martinez Avenue
→ Maysilo Circle
→ Right on Francisco Street
→ Cross the Mandaluyong-Makati bridge
→ Left on JP Rizal
→ Right on Estrella Street
→ Right on EDSA
→ Left on Kalayaan Avenue
→ Straight to The Fort, Global City

THE STING

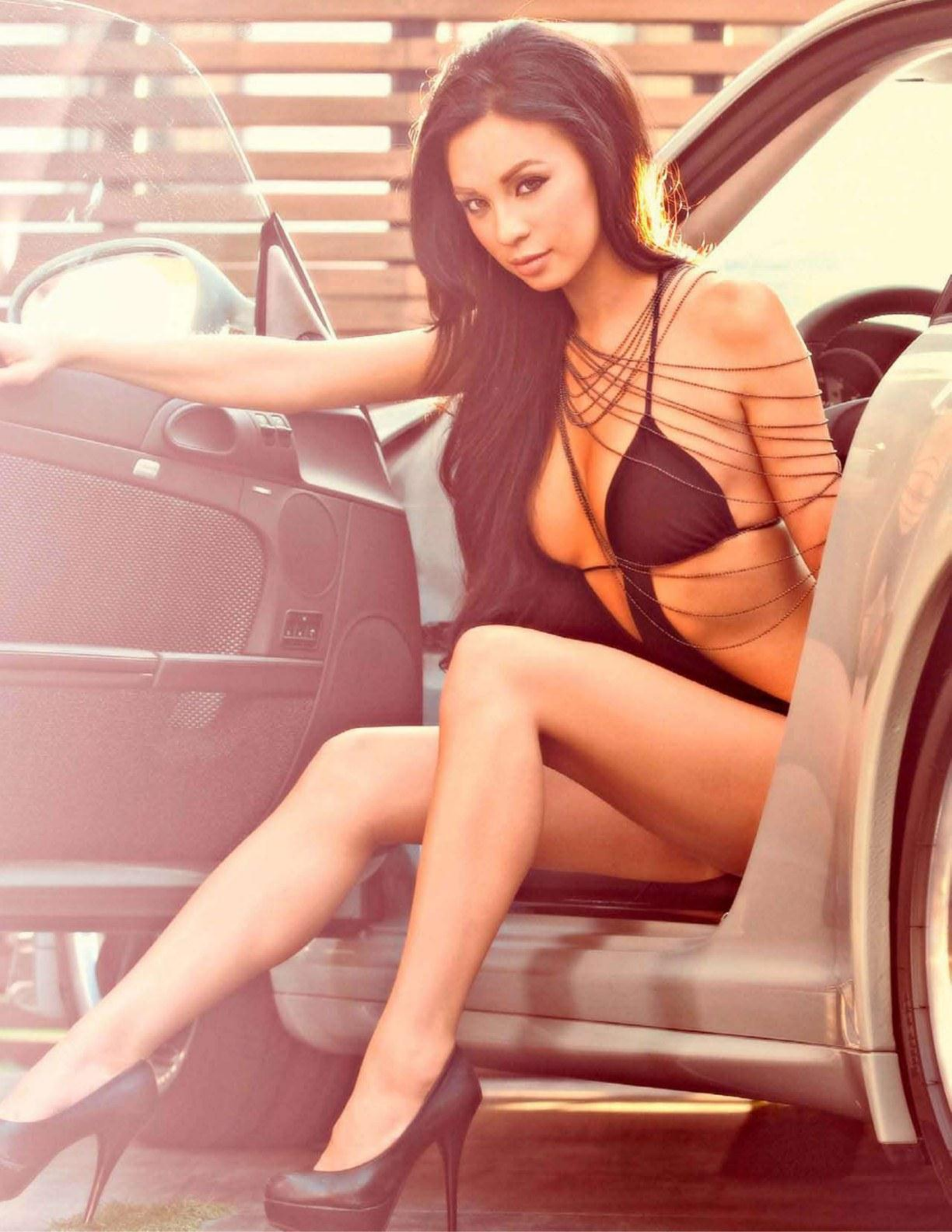
FIL-BRIT HONEY NATHALIE BEE IS WELL-VERSED IN ALL THINGS NIETZSCHE AND FAST CARS. IF YOU'VE GOT THE ITCH TO TALK TO HER ABOUT BOTH, IT WON'T HURT TO SAY SOMETHING FUNNY FIRST

PHOTOGRAPHY: NIKO VILLEGAS

INTERVIEW: JED GREGORIO

STYLING: MATT GOZUN
MAKEUP: UNO JUAN; HAIR: BUERN RODRIGUEZ FOR TONY GALVEZ SALON USING L'OREAL PRO;
SPECIAL THANKS TO MR.MAURICE LAUDE

NATHALIE BEE
GIRLS OF FHM



We're trying to situate Nathalie Bee in the low front seat of an equally hot and exotic Porsche 911 without her sinking into its leathery depths. Nathalie heaves a resuscitated sigh of relief after being prompted to take off the leather bomber jacket we had her slip on earlier.

As she readies herself, everyone gives posing with the Porsche a try: Our photographer ducks into the front seat—soon, the stylist, hair and makeup team also try projecting their version of how the picture's supposed to look. "You guys are all models!" the real star of the pictorial says with a chuckle as she marches toward the Porsche and takes her throne. Our photographer retreats, releases the shutter and—*voila!*—the immaculate shot. In that particular moment, it became clear why God created models.

Later, we asked her to pick a car from the shoot that she prefers—the fast-and-furious Porsche or the cool-and-steady Mini Cooper? Nathalie responds: "I'm gonna have to go with fast and furious! I like fast things, so I like cars. I like it fast, but probably not furious! Would that be, like, rough? Wait! Can I change my answer? It's the context. Okay, put it this way: I like fast cars but tender men. There!"

Context or otherwise, we hastily pen it on our Moleskine just so we never forget.

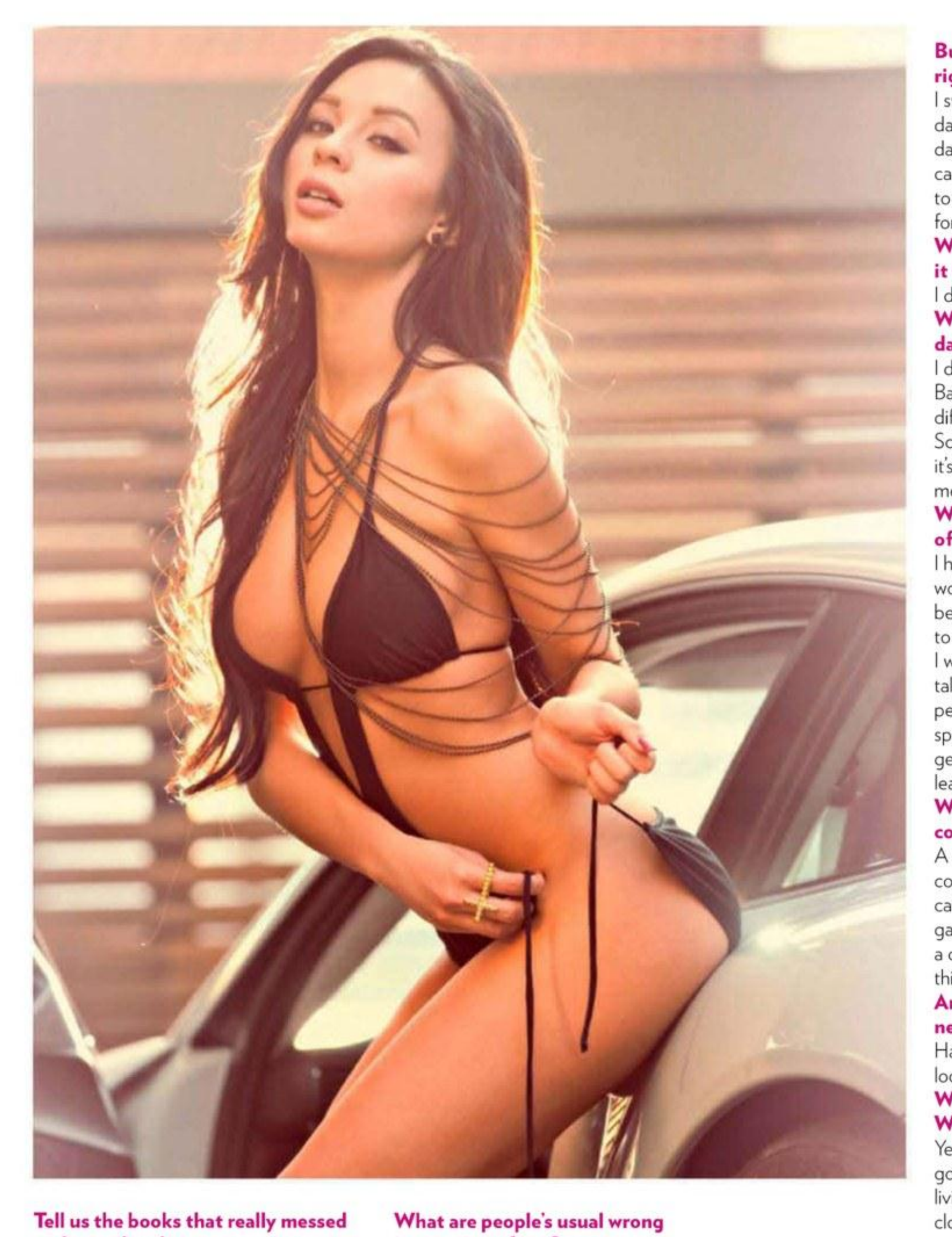
What made you want to take up sociology communications?
I've always thought of myself as a vocal person. Everywhere you look, there's communication. Sociology just makes you do things that are exactly opposite from communications. I like reading about how people think and to me that's very interesting. So something about that just drew me in.

You read people. So with guys...
I read them! I feel sorry for guys who approach me because I'm automatically reading their non-verbal communication and their vibes. I always tell my girl friends this: You can always tell people's intentions with how they approach you. I'm always reading people, I play off their vibes.

What do you plan to do after completing your degree?
I kind of have my foot in all kinds of things, like dancing. I don't really keep it to one thing because I'm still trying to figure it out. I want to be able to love what I do and not have to feel like it's a job.

So you're studying sociology and communications...to dance?
Yes, I know! I'm going to be a very educated dancer! Ha ha ha. No, I'm also thinking about going into the marketing field but I've always loved to dance, it's good to know that I can do not just one thing.

How would you describe yourself?
I like to read. Actually, I'm really quite nerdy. No one wants to believe that, but I'm really into reading, school, all that kind of stuff. I also like to travel. I'm very laid back. I like to meet different people from all walks of life. Some models think they have to keep themselves on a different level, I don't. I like to think of myself as approachable.



But you've got time to work out, right?
I swear! Only time I work out is when I'm dancing. It's a great workout. I'm a go-go dancer in San Diego. We call it late night cardio. You know, I'm so busy I can't go to the gym. So dancing has been a great form of workout for me.

Wait, so you dance to exercise or do it for a living?
I do that for a living.

What do you wear when you're dancing?
I dance at Stingaree in San Diego, also Barfly in San Diego. We always have different costumes, we have themes. School girl is so cliché and common but it's always fun and easy, you know what I mean? People always love that!

What do you think is the sexiest part of your body?
I hate these questions! Ha ha ha! I would say my legs. Just because from being a Filipina, you're not really used to seeing tall, long-legged girls. When I was younger I was, like, why am I so tall and lanky? I wanted to be small and petite and cute. But now, from playing sports and dancing and stuff, I always get compliments for my legs. So now I'm learning to embrace them!

What's your non-negotiable when it comes to guys?
A sense of humor. I love to laugh. I love comedies. If a guy approaches me and can make me laugh, it opens the flood gates for things! I like a guy who can carry a conversation, so intelligence is another thing. Sometimes guys can be like a rock!

Are boxers or briefs a non-negotiable?
Ha ha ha! I'd say I prefer boxers. Briefs look too restrained!

We know you live near the beach. Would you say you're an outdoorsy girl?
Yes! I'm not afraid to get messy. I like going out, being under the sun. Especially living in San Diego, the beaches are so close. During our off days, when I'm not stuck in a library studying, usually we go out to the beach, just hang out, or walk around down town where I live.

We can't imagine you being stuck in a library, studying...
I'll show you a picture! I'll prove it to you! Actually this reminds me of when I was sitting behind this guy. I was studying, and he had his laptop open and I saw I was on his background! So I grabbed all my books and got out of the place. It was so embarrassing! It's that whole I-live-this-double-life kind of thing, you know.

Tell us one wild thing you've done which you think we won't censor.
Well, that would be... Wait! Is my mom going to read this? Ha ha ha! **FHM**

Tell us the books that really messed with your head.
They're all sociology stuff! I like Nietzsche and all that kind of stuff, it's awesome for me. I don't have time to free-read anymore because of my schedule.

So if someone walks up to you and starts talking about Nietzsche, would you be impressed?
Definitely! Ha ha ha!

Then he starts talking about God being dead, the *Übermensch*...
But then again I would be kind of, like, "Do you always do that?! Or did you already know because you read something about me in *FHM*?" Ha ha ha! Now the secret's out! So I'm probably gonna be getting a lot of that now! Ha ha ha!

What are people's usual wrong impression of you?
Probably that I'm ditzy, or that I can't hold a conversation. And I do get that a lot. When I meet people and I happen to converse with them, they're like, wow, you're actually talking! So I guess that's good, that's a positive thing for me. I have met some models that really can't hold a conversation. I would like to think modeling isn't really a full-time thing for me. But I love doing it, it's fun. Doing something with a whole team of people and in the end, looking at one final output, it's awesome because everyone works on it together. It's a great artistic outlet, contrasted to going to school and reading all the time.

The Mansion for the *Champion*

"Come, be my neighbor!"

- Manny Pacquiao

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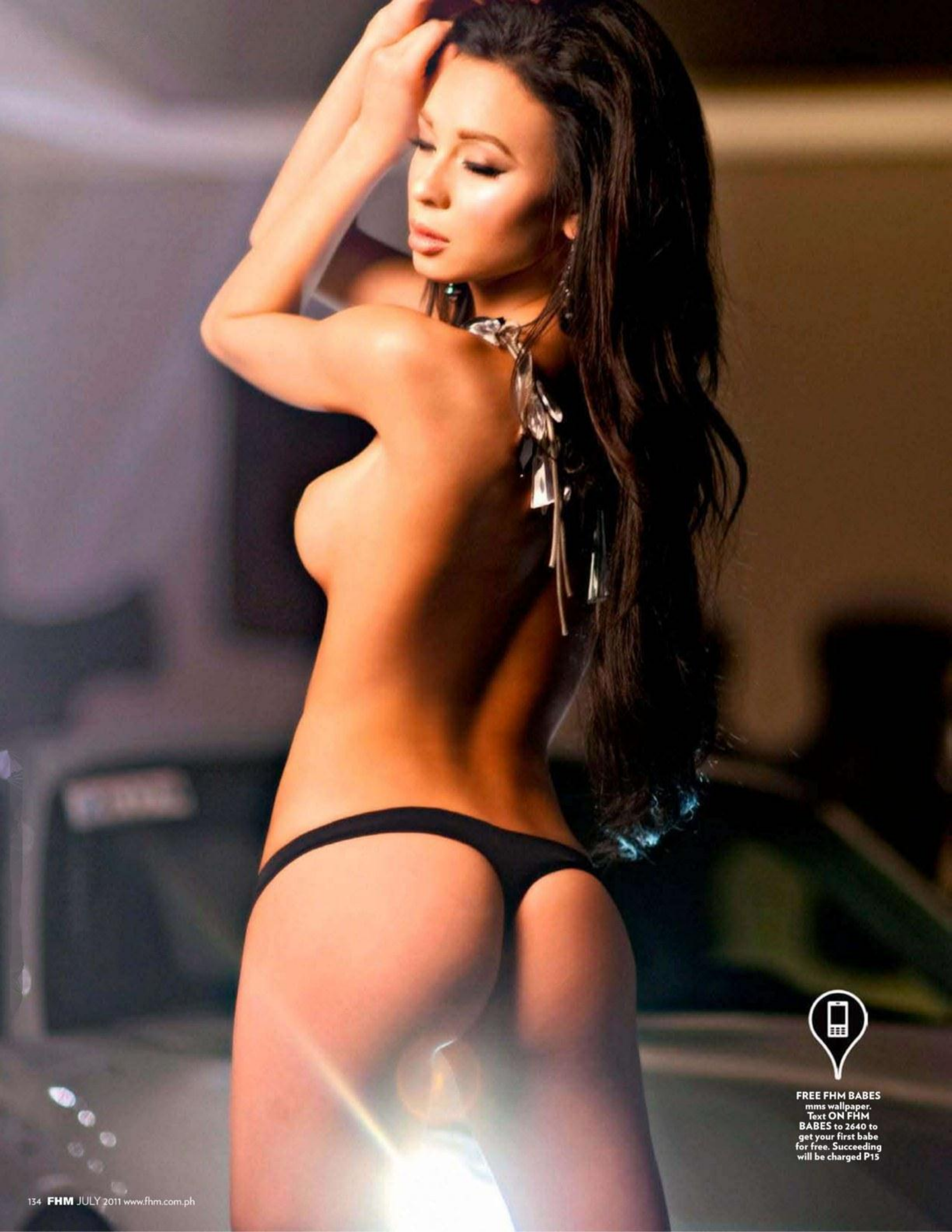

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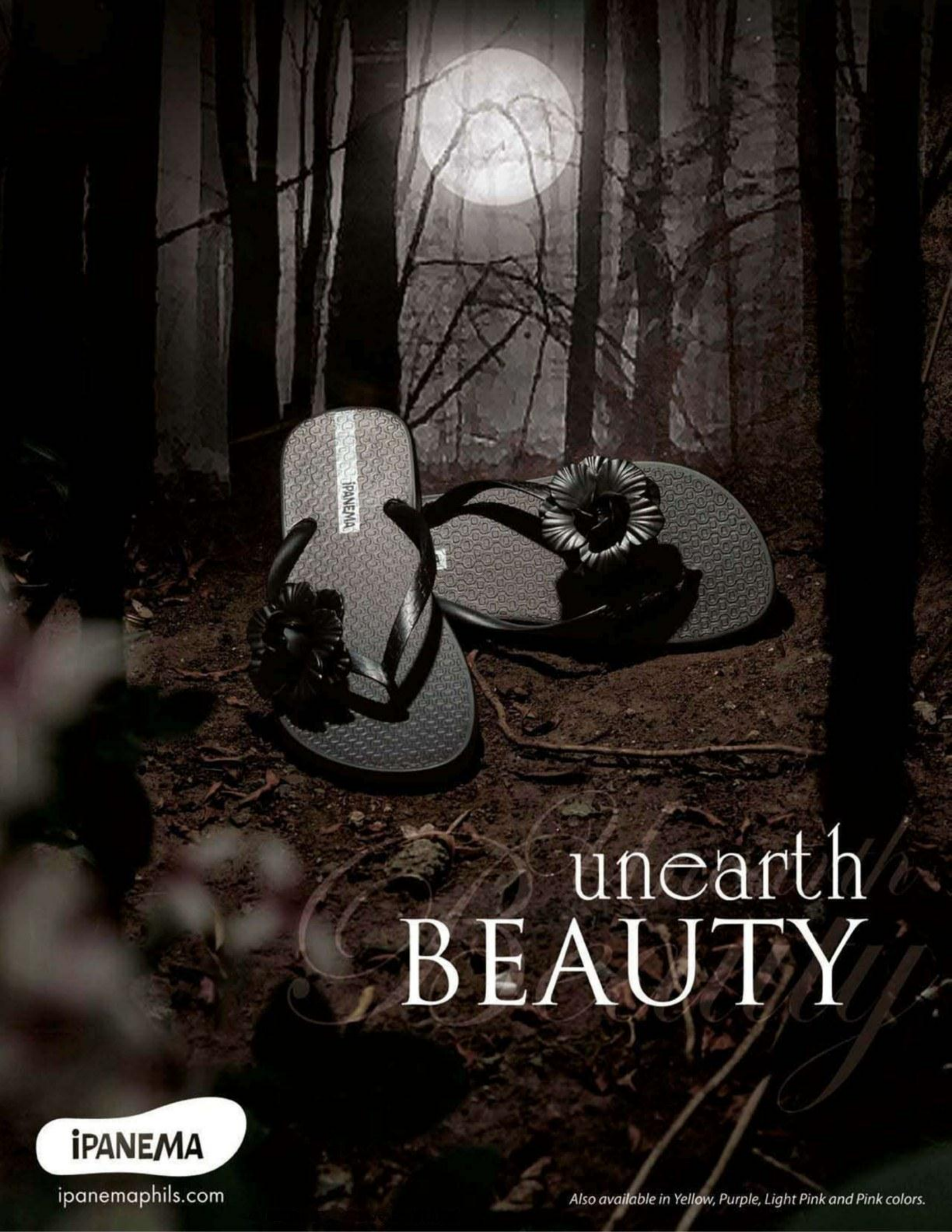
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the National University Bulldogs, now has the best chance to reclaim glory

It is late May 2011 and the National University Bulldogs have just been defeated in overtime, 81-74, by fellow UAAP member De La Salle Green Archers. The loss ends the Bulldogs' bid to advance to the quarterfinals of the FilOil Flying V Pre-Season Hanes Premier Cup, the annual precursor to the UAAP and National Collegiate Athletic Association men's basketball tournaments.

Yet despite the defeat, NU Head Coach Eric Altamirano sure looks content.

"We lost to a good team," he would later tell inboundpass.com. "We're very tired. We had 18 [practice] sessions in just 10 days, plus two Fr. Martin Summer Cup games. But no excuses."

He stops short of pointing out that despite his team's hectic schedule, they were able to come back from a 19-point second quarter deficit, take the lead with about three minutes to play in the final quarter and almost win the game with the last shot in regulation.

Prior to this loss, NU had won over UST, Arellano University, Lyceum of the Philippines and defending NCAA champions San Beda College. There were other losses, sure, but they were merely roadblocks to what many basketball pundits believe to be the imminent glory of the NU Bulldogs.

Glory does not become NU. That is not a put-down; it's a fact backed up by 55 years of losing.

The National University is a founding member of the UAAP, established in 1938, and Pinoy sports history notes that it was part of the big three in the league—with UST and UP. And yet NU has only won once in the league—in 1956. UST has 18 championships; UP at least has two, the latest in 1986.

Worse, the Bulldogs were either last or just a step above it in the standings in 18 of the last 23 seasons, most of which ended in winless or one-win records. Most of these losses were so lopsided that other UAAP teams soon came up with the mantra: "*Matalo ka na sa lahat, wag lang sa* NU."

But that was then.

This year's Bulldogs are nothing short of title favorites. They are expected to steamroll through the opposition and win games in such spectacular fashion that the collegiate basketball world will have no choice but bestow upon them and their school its due respect.

How they are going to do this:

First, hire a winning coach in Altamirano who, incidentally, is a member of the UP Fighting Maroons '86, winning MVP honors.

Second, coalesce a team composed of wiry veterans and the best recruitment class in recent memory, led by the son of a former PBA seven-time Best Import.

Third, financial backing finally pouring in from, of all sources, a mall taipan.

Reimagining Sampaloc

NU has been around since 1900 and is actually one of the top institutions teaching engineering and architecture. But maybe you don't know that because the campus is lost in the decrepit part of Sampaloc, lined with congested streets and claustrophobic alleyways.

It is not known as a university of the privileged by any standards. The Bulldogs themselves know exactly how it was before "big money" came in.

The basketball gym was a makeshift court on the second floor of a pre-World War II structure. It wasn't even of the correct dimensions—you couldn't make a proper inbound because there were no sidelines. There was also no ventilation.

"*Yung* players *namin* are not what you call blue chip. *Ang mga nakukuha namin* usually *yung mga hindi natanggap sa* big schools and walk-ins from the provinces," former NU coach Manny Dandan said in another NU story in *FHM* three years back. "We make do with what we have and then develop whatever talent they possess."

They got scholarships, they could room downstairs from the pseudo-gym, but they got no free food or allowances.

And then three years ago taipan Henry Sy, a.k.a. The Richest Man in the Philippines, bought a majority stake in NU. Just like that, the once "invisible" school now found that they could partake of even just a bit of the $5.8 billion, said to be Sy's net worth, and still forget the last 55 years ever happened.

Junel Baculi, NU's current athletic director, who recalls a time when people were wondering why NU was still in the UAAP despite its dismal performance, says the marching orders were clear from the Sy family the first time he sat with them to straighten out the team.

"They wanted to bring back the old glory of NU, whether it's through academics or sports," says Baculi. "They also wanted to instill the SM culture: discipline, low-key, but performing."

The new owners sought an immediate end to NU's whipping boys (and girls) tag. "No more seventh- or eighth-place finishes," adds Baculi. They wanted competitors who'd hopefully turn into contenders. They wanted what every businessman desired from a new venture: Return of investment.

With the funding and direction in place, Baculi put together NU's current recruitment package. An offer, he boasts, that's "comparable to Ateneo's and La Salle's."

Players are now given monthly allowances and three meals a day. "*Dati kanya-kanya sa pagkain*," shares fourth-year point guard and team captain Joseph Terso.

"*At kung meron man*, instant *pancit canton lang*," adds Baculi.

Terso is one of two remaining Bulldogs from the pre-Sy era. He continues to live in the players' dormitory, now located in a rented three-story building behind the school.

Whereas before their quarters looked like a peon's, now it's an air-conditioned space with tiled floors lined with double-deck beds. "The air conditioning's on eight to nine hours a night," says Baculi.

And the food—Baculi brags that his players eat "chicken, pork, beef, fish, everything."

Terso confirms the menu. He says the players avail of the food at the school canteen. "*Pero yung para sa* dinner, *ginagawa na lang naming meryenda, tapos bibili na lang kami sa gabi*," he continues. "*Hindi siya* buffet, [*balita ko*] Ateneo *ang may* buffet."

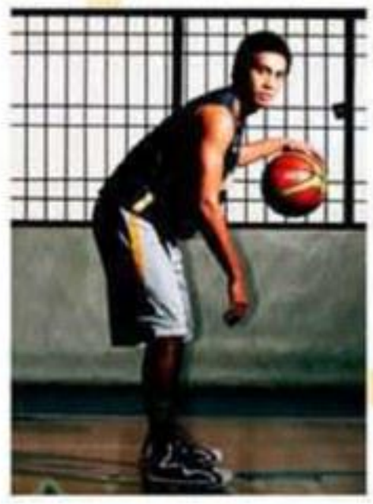
Everyone in the basketball lineup is also under full

scholarships. "*Sagot lahat iyan ng* school. *Sa iba, pag ganyan,* alumni *sumasagot,*" says Baculi.

Terso says he expects team manager Hans Sy to give them their new basketball kit (shoes, clothes, etc.) before the start of the UAAP season, just like he did last year. Players are also given the occasional cellphone load and hygiene products (soap, deodorants, etc) courtesy of a sponsor.

And yet Baculi will tell you that it's not about the money. It's about taking care of athletes even after they've served their time. "It's about the opportunities the SM group can offer after graduation. We don't want to talk about money in terms of money per se, like *sa* professional *na* bidding war."

The gym, by the way, is brand new and sits on the top floor of a new eight-story P300-million building. The old one is now a parking lot.



NU's big three: Bobby Ray Parks Jr., Joseph Terso and Glenn Khobuntin

The real answer

Outside of money, the hype surrounding NU actually started a few months after last year's UAAP season, with the unveiling of the university's greatest recruit: 18-year-old Filipino-American Bobby Ray Parks Jr., son of seven-time PBA Best Import Bobby Parks and a Filipina mother.

Born and raised in Manila, Ray was 13 when his father decided to relocate to Memphis, Tennessee in 2006—Parks Sr. starred for Memphis State. "I was then playing for my school's varsity team, *tapos pa-liga-liga rin,*" shares Ray. Dad wanted him in the States to face better competition. "*Para ma-measure namin ang* skills *ko.*"

The gamble paid off. Four years later, in Ray's junior high school year, college basketball recruitment website Rivals.com named him one of the top 150 high school players in America (he was No. 117).

By this time, local basketball watchers had also taken notice of the young Parks. Scouts salivated over the 6'4" (and growing) player's ability to play both guard positions. YouTube highlight videos of Ray's US high school games show an adept outside shooter who can also slash through the lane, create scoring opportunities for his teammates, rebound and play defense. Think of a teenager with the potential to combine the skills set of Allan Caidic's shooting, Vergel Meneses's aerial artistry and Hector Calma's handles and playmaking.

Ray's mixed genes also gave him a unique blend of athleticism and Pinoy basketball IQ, making him both cunning and airborne—a total package never before seen from a local cager his age. He was, in some circles, heralded as our local version of LeBron James: a basketball prodigy too good for anyone to pass up on.

The problem, though, was how to lure such a prospect back home, especially one that was rumored to be on the radar of some of the top US NCAA Division I schools ("Marquette, Louisville, New Mexico and Georgia Tech," shares Ray).

Ray claims he doesn't really pay attention to his ranking. He'd rather focus on his ultimate goal: to become the first Filipino to play in the NBA. This was the initial reason he headed back to the Philippines.

"The NBA likes international players *kasi* it helps their teams stand out," explains Ray. "*Kaya naisip namin* instead of being a regular player in the States, why not represent the country, *para makakuha na rin ako ng* international experience."

In his first trip back in January 2009, Ray was named to the training pool of the Under-16 national team. This was followed by stints with Smart Gilas and the country's 3-on-3 squad sent to the first Youth Olympic Games in Singapore.

Then, on November 22, 2010, Ray signed a National Letter of Intent to play for Georgia Tech. "I like their style of play and [because] the coach [Paul Hewitt] has sent a number of players to the NBA," Ray says now of the decision.

Local broadsheets heralded Ray's signing. But in a move that caught everyone by surprise, father and son announced in January 2011 that Ray would instead play for NU.

In his April 29, 2011 column at sportsillustrated.cnn.com, Luke Winn wrote that Georgia Tech's new coach Brian Gregory found Parks's decision "the strangest recruiting situation I've ever seen...and I've been doing this for 20 years," and that while "new coaches lose inherited recruits all the time; they just tend to go to other programs, not incommunicado in Southeast Asia."

"That letter of intent just means *na kapag nag-college ako sa* US *sa* Georgia Tech *ako,*" clarifies Ray. "*At may* possibility *naman talagang bumalik ako roon.*" He then insists they have since ironed out the issue with Georgia Tech officials.

Ray says he enrolled in NU in time for school year 2010-2011's first semester. He first met his future teammates and coaches in the summer of last year, when he was invited to observe the team in their US training camp.

But why NU?

"[At the US camp] I saw that they needed help. They had the talent but they needed confidence and a leader," says Ray. "I mean, I'd rather be at the bottom of the chain and climb up together."

Against La Salle at the FilOil tournament, Parks Jr. displayed his brand of leadership by scoring 29 points, grabbing eight rebounds and dishing out three assists. He led the Bulldogs' rally from a 19-point deficit, highlighting it with a vicious dunk off two Green Archers. Then in the fourth quarter, Ray simply took over the Bulldogs' offense, scoring on drives and fall-away jumpers, giving his team a chance to nail the upset win.

It's this kind of play that has made other teams wary of NU. And while some of their opponents choose to just simply do their best to stop Ray's onslaught, others have resorted to roughhousing tactics (in another FilOil game, Ray claims his defender punched him in his testicles; he finished with 34 points) or rumor-mongering, attacking Parks Jr.'s character with questions about "the real reason" why he's at NU.

The money.

"First of all, I want to say that relationship is better than money. Our relationship with Sir Hans, with Sir Manny [Sy, the Bulldogs' assistant team manager] is great. They're great people. I don't need to receive anything from anybody for me to get persuaded. Second, [I'm sure] that I kept my eligibility for the States. I didn't sign anything with NU. I'm also not sponsored by anybody. Most people think I'm sponsored, when I actually bought my stuff."

Keep it tight

Altamirano's basketball system relies on movement and positioning on offense and defense. "*Yung* trend *kasi ngayon*, it has to be a quick team and, of course, a tall team," explains assistant coach Joey Guanio. "You need talents who can play inside and out, who can pressure the ball in defense, who have a very high basketball IQ. Those were what we looked for from our recruits."

Aside from Ray Parks Jr., NU will parade former national youth team members Cedric Labing-isa, Gelo Alolino and Kyle Neypes, and transferees Robby Celiz and Denice Villamayor, who are both ex-Rizal Technological University standouts.

The offense is essentially a dribble-drive system (a player catches the ball, dribbles to a particular area to attract defense then kicks out to an open teammate) infused with timely screens and cuts. It's a selfless brand of basketball that will only work when the players trust each other enough to make the right plays (read: give the ball up to a teammate).

Ray tells us that it's exactly what he and his teammates worked on in this year's training camp: building trust.

Instead of sending the team and coaching staff overseas again, Baculi flew in two foreign coaches for the Bulldogs' 10-day training camp at Amino Resort in Nasugbu, Batangas. Players worked on their chemistry (those unfamiliar with each other were roomed together; meals were also taken as a group), conditioning (they were taught how to recover from each brutal practice), team defensive and offensive sets. Each player was also given a specific role in the team.

The Bulldogs also came up with a new motto during training camp: "Fall together, rise together."

Assistant coach Guanio adds that for the Bulldogs to beat the UAAP's top schools, they should play a perfect game. He's worried that, outside of Parks Jr., the team doesn't have another shooter.

On the other hand, Ray is worried about NU's African center Emmanuel Mbe's relievers. He wants to work with them more, so that when the UAAP season starts they won't drop his passes and give out offensive rebounds or easy points in the low post.

But that concern seems minor compared to the latest issue on Ray's eligibility to play in Season 74.

According to college hoops insider Mike Abasolo of inboundpass.com, a Fil-Am recruit in the UAAP is only eligible to play after completing a two-year residency. The UAAP's definition of a two-year residency is that the first year shall be counted as staying in the Philippines, while the second year has to be spent with the school for two full semesters.

Ray signed with Georgia Tech shortly after the first semester.

"[That gave] the people around the UAAP reason to believe that he left for the US during those negotiations," continues Abasolo, "resulting in an incomplete first semester, thus making him ineligible to play. But as long as NU can prove that he was able to complete both semesters, Ray Parks Jr. will be eligible to play."

Ray admits that he has attended different basketball invitational camps out of the country, but maintains he was able to finish both semesters of his freshman year at NU.

We bring the query to Baculi. He's obviously still stressed over the issue and suggests we await the ruling of the UAAP board, which has yet to come out as of this writing. The irony is that, for all the hard work and money NU has put into their brand of basketball now, it is up to the league's other schools to decide if it even means anything.

And then we remember what Baculi had told us during our first conversation, about how he had set modest goals for the year.

"*Pero ibang* story *na* next year," he vows. "We will be the host. *Yung lahat ng tinanim namin kailangan mamunga na.*" **FHM**

(Above) The 2008 Bulldogs photographed in the old NU gym. (Left) The 2011 Bulldogs practice in a new gym, which sits on the top floor of NU's modern P300 million building.

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DRIVEN

THERE'S NO STOPPING TV HOST AND FORMER UP VOLLEYBALL VARSITY JED MONTERO FROM LANDING ON THESE PAGES

PHOTOGRAPHY: **PAUL TICZON** INTERVIEW: **JED GREGORIO**

STYLING: **JO TICZON OF BENEFITS SALON**
MAKEUP: **DONN DONATO**

If you remember having switched on your TV sets at noon sometime around the summer last year, you might recall that inimitable TV moment when four sets of hot wheels—a red Ferrari, a yellow Porsche and two silver Mercedes-Benzes—pulled up outside the production studios of one of the country's biggest media conglomerates. It was when the archipelago's highest-paid (and arguably most controversial, most hated, most loved) game show host Willie Revillame introduced his new female *Wowowee* co-hosts.

Jed Montero emerged from the Ferrari, her eyes only slightly veiled by bee-eyed sunglasses. Your first impression was most likely this: She's the girl next door-type but with an unimposing athletic slither of a walk—you were certain she isn't the frail waif model who doesn't eat. And the whole look is perfectly capped off with cutest side-swept bangs.

With that you got three things right. If girl next door means charming, approachable and just generally nice, yes, that's her. And athletic, yes; she used to play varsity volleyball for UP Diliman. And finally, yes, she loves to eat, but not work out regularly.

Behold, she's both hot *and* God-fearing. And her life's purpose, she says, is to serve God. Now if only all servants of God could be beautiful women who can contain an immeasurable amount of charm in a 34-26-34 frame like Jed's, then we might even lead the evangelical missions ourselves.

We know you study, model and host. So what's your regular day like?
I'm a very busy person. On a regular basis, I go to school in the morning at UP Diliman. Thursdays until Sundays, I host *Binggo Millions* aired on Living Asia Channel. Since it's summer vacation now, it's still not vacation for me since I'm attending my OJT class. During my free time, I usually watch the game of my boyfriend or hang out with him or with some close girlfriends.

What are you doing for OJT?
I'm doing my OJT at the Philippine Volleyball Federation. I'm taking BS Tourism Management and in line with my OJT, I'm handling projects to promote sports tourism in the Philippines. Last month, I went to Indonesia to document an event where team Philippines played. I'm also in charge of fixing Philippine team accommodations whenever they have out-of-town or out-of-the-country tournaments.

How would you describe yourself?
Independent, mature, strong and funny. I was raised by my parents to learn how to stand on my own. *Basta kaya mong gawin, gawin mo.* You should not always depend on other people. No spoon-feeding allowed, *kumbaga.* Learn to use your brain *dapat.* I say matured since I've experienced a lot and learned from every mistake I made in the past, and I have learned from other people's experiences *din.* I think that makes me a better and stronger person. Funny, since I'm so loud! *Babaeng bakla nga ako.* Ha ha! And *mababaw kaligayahan ko.* I laugh a lot.

What are people's usual wrong impression of you?
Either I'm *pa-sweet* and very feminine or I'm stern. Before, a lot of people thought that I really looked stern, maybe because I didn't know how to smile, and my eyes were very expressive and strong-looking. *Ngayon naman,* since I have learned how to smile a lot, people always say that I have a sweet and feminine look, *tipong* quiet type and *mahinhin.* As I said earlier I'm so loud, bubbly and super adventurous and an outgoing person.

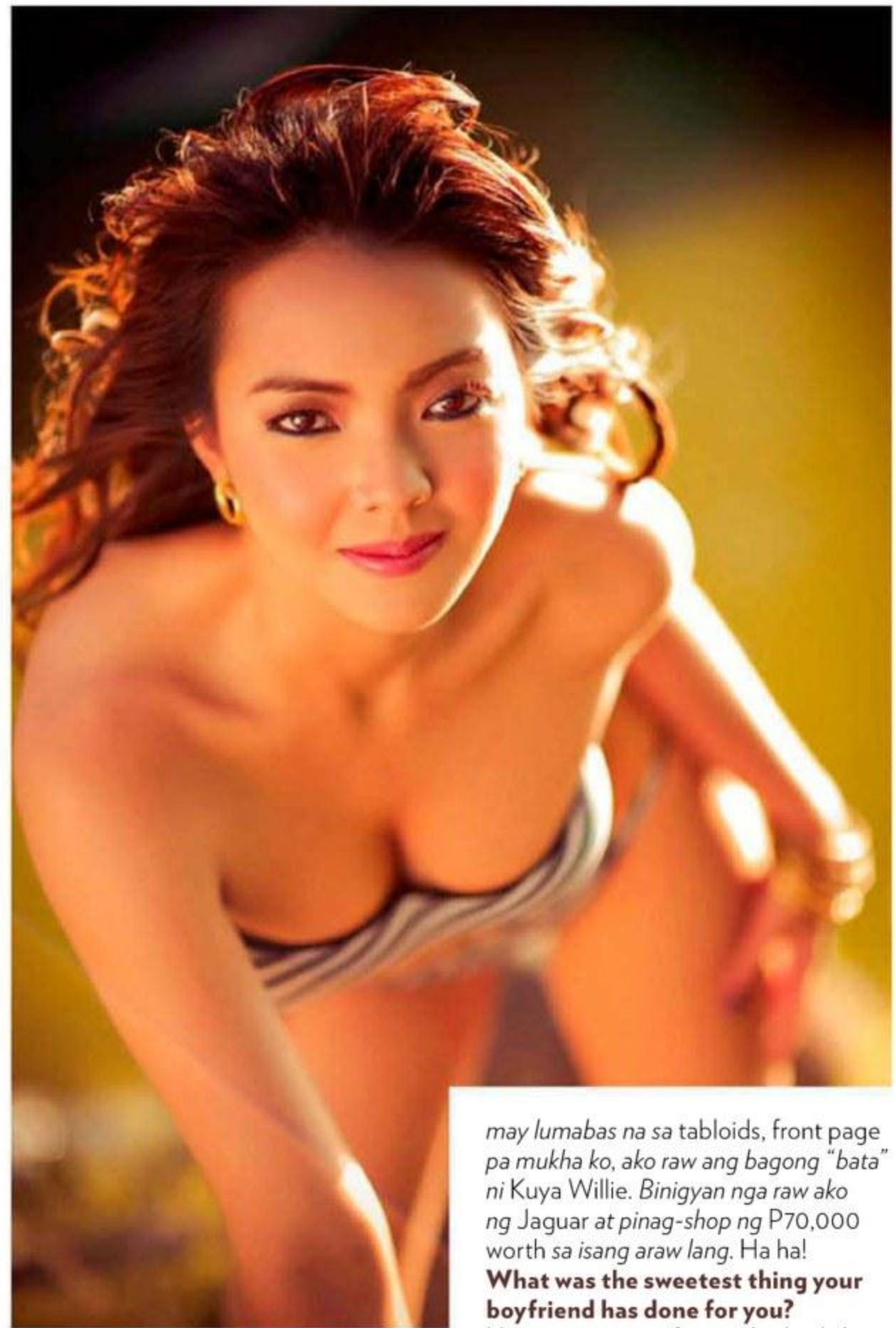
When do you feel most sexy?
When I'm wearing shorts and heels. I have long legs so I feel sexy *kapag* legs *ko ang* exposed. Ha ha ha!

What's sexy for you?
Physically, having nice eyes, smile, long legs and big hips is sexy. And as long as you can carry yourself and just always feel comfortable.

What's the most adventurous thing you've done?
Fourteen years old *pa lang ako umaakyat na ako ng mga matataas na bundok*. Recently, I tried scuba diving in Davao. I also tried riding this sling shot ride in Singapore na super *tinatapun-tapon at binabato ka nang mabilis sa taas*. Super fun *pero nakakahilo rin*.

When you were playing volleyball for UP, who was the toughest opponent?
For me, it was De La Salle University. They really have tall players who were strong both on defense and offense. I don't play volleyball now since I got injured in 2009.

What happened?
My right ankle was dislocated, all tissues and ligaments were torn, as in *kahit isa walang natira, punit lahat. Tapos* super *nag-letter* L *yung paa ko* that time. I got it from one of our trainings during a practice game, when I stepped on one of my teammates' feet. It was a really a bad fall.



And that had you re-order your priorities.
I was really disappointed. I cried for many months because I really wanted to play for my last year, *pero hindi ako umabot at* super *naging* weak *yung* ankle *ko*. I can't even do ramp modeling now wearing super high heels. Later, I realized that the injury was really a blessing in disguise. *Yung* career *na* super love *ko nawala pero napalitan ng panibagong* career, which is showbiz. So far, I really enjoy hosting and acting, though I prefer hosting more.

What's the best and worst thing about being a celebrity?
The best thing is that I'm able to explore more about myself, what other things I can do and what I can't. The worst thing about being a celebrity is of course controversies and negative issues. Two days *pa lang ako sa Wowowee* before as a co-host, *tapos may lumabas na sa* tabloids, front page *pa mukha ko, ako raw ang bagong "bata" ni* Kuya Willie. *Binigyan nga raw ako ng* Jaguar *at pinag-shop ng* P70,000 worth *sa isang araw lang*. Ha ha!

What was the sweetest thing your boyfriend has done for you?
He wrote a poem for me, his birthday gift. According to him, it was the first time he composed a poem for a girl and that really made me happy. To be honest, it made me cry! As long as it comes from the heart, *masaya na ako*.

What's the best way to keep a relationship alive and strong?
Communication, time, trust, understanding and always being mindful of one's limitations are important. When you are committed, commit yourself completely to your partner and to the relationship itself. As long as you know your limitations, you will never go wrong and everything will work.

So have you found your life's purpose?
My purpose in life is to serve God. I'm a servant and a child of God. Everything that I do and experience, *at lahat ng dumarating sa buhay ko*, are all God's plan. As a human being, I should be good to the people around me. **FHM**

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10 OUTSTANDING ENTREPRENEURS OF 2011

CALL FOR NOMINATIONS

ENTREPRENEUR Philippines, the country's top entrepreneurship and business magazine, is now accepting nominations for its annual search for the country's 10 Outstanding Entrepreneurs.

The search, also called ENTREPRENEUR 10 Awards, is now on its 9th year. It recognizes Filipino men and women entrepreneurs who have turned opportunities into successful enterprises and squarely faced the challenges of doing business in the Philippines. In so doing, they have served as inspiration and shining examples for aspiring and established entrepreneurs alike, in taking the path of entrepreneurship as a profession, means of livelihood and way of nation-building.

Past winners of the ENTREPRENEUR 10 Awards include Benjamin Liuson of The Generics Pharmacy, Edgar Sia II of Mang Inasal, Carson Tan of Aquabest, Myrna Bituin of Betis Crafts, Nelson Par of PR Gaz Haus, Derrick Chiongbian of Holy Kettle Corn, Vivian Sarabia of Vivian Sarabia Optical, Josie Go of Karimadon and Nikki Ng of Banana Peel.

The ENTREPRENEUR 10 winners and their stories will be featured in the December 2011 issue of ENTREPRENEUR Philippines.

ENTREPRENEUR Philippines is a publication of Summit Publishing Co. Inc.

To qualify for the ENTREPRENEUR 10 awards, a nominee must satisfy the following qualifications:

- A Filipino citizen of good moral standing;
- The founder, owner or co-owner of his or her present business;
- The business must have been in operation for at least five years;
- The business must have assets worth P3 million to P100 million; and
- The nominee must be able to provide a copy of his or her company's audited financial statements for the past three years (2008, 2009 and 2010), the company's employee handbook, and its business licenses and permits.

Nomination forms are available at the Summit Media offices located at the 7th floor of Robinsons Cybergate Tower 3 on Pioneer Street in Mandaluyong City.

The form can also be downloaded from **www.entrepreneur.com.ph/downloadables/nomination_form/entrep10/2011.pdf**

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STYLE

WHAT TO BUY AND HOW TO WEAR IT

WATCH IT!

FILIPINOS MAY NOT BE THE BEST AT BEING ON TIME, BUT WE SURE LIKE THE HANDSOME THINGS ON OUR WRISTS

WORDS: DONNA CUNA-PITA

There is a special relationship between men and their watches. Just like how women have a thing for their shoes, men like to collect watches to adorn their wrists. As mothers pass on their jewels to their daughters, fathers pass on their watches to their sons. And it's easy enough to justify a watch collection—they're practical, and easy to wear. There's a wide range to choose from—from the reasonably-priced plastic strap watches to the "this-thing-is-worth-more-than-your-house" variety. Unlike other fashion items, you don't need to be a specific body type or skin tone to enjoy timepieces. Watches are for everyone and yet very personal at the same time.

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J. Springs watches are exclusively available at No Curfew Watch Stores and Mytym Watch Hub, Glorietta

POGI POINTERS

PRACTICAL THINGS TO HELP YOU LOOK AND SMELL GOOD

01 SEAN JOHN UNFORGIVABLE FRAGRANCE, P4,300.
Girls always go for bad boys—and with this new fragrance from bad boy-mogul P. Diddy, you're sure to catch the chicks's attention!

02 SANTA MARIA SHAVING FOAM, P995.
Never mind that your spinster neighbor has more facial hair than you—the rituals of shaving are to be followed and respected! Use this old-school shaving foam and feel macho and classy every time.

03 ACCA KAPPA DEODORANT STICK, P995.
With its *bagong-ligo* fragrance and sleek packaging, this deodorant is the smart choice for the modern man.

04 CLARINS AB FIRMING GEL, ABOUT P3,000.
To make your shy abs more prominent and obvious, swipe this on and watch your mid-section tighten and firm-up in an instant! Perfect for those who have loose skin from losing a lot of weight and for those who just need a bit of skin firming.

05 GENDARME PERFUME, P3,450.
A favorite among Hollywood A-listers, this new variant of the classic Gendarme scent is lighter, fresher and geared to be a new cult classic.

06 KIEHL'S OIL-FREE GEL CREAM, ABOUT P2,000.
Oil does not equal moisture! So to keep your oily face balanced and moisturized, make this gel a part of your skincare routine.

07 KIEHL'S BRUSHLESS SHAVING CREAM, ABOUT P1,500.
For a clean shave with no nicks and cuts, lather on this minty shaving foam the next time you decide to tame the stubble.

08 KIEHL'S OIL-FREE TONER, ABOUT P1,500.
It's a misconception that you need to strip your face of all oil and moisture to keep it balanced. This toner cleans your face while keeping it moisturized and fresh. Your face will feel refreshed after - not tight and painful!

09 LAB SERIES AGE-LESS FACE CREAM, P3,200.
You want to catch the young, nubile chicks but you look old enough to be their *lolo*. Remedy the problem with this age-fighting cream and watch the years on your face fade away.

10 MONOTHEME VETIVER BOURBON, P1,250.
Perfect for our humid and unpredictable climate, this fresh and clean fragrance will help control your *amoy-pawis* tendencies and give you that clean-smelling scent all day long. Spray as often as needed without smelling too overpowering.

WORDS: DONNA CUNA-PITA; PHOTOGRAPHY: WESLEY VILLARICA.

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MID-YEAR MUST-HAVES

SOME NEW THINGS TO SPICE UP YOUR LOOK AND SMELL

RUSTY LOPEZ SHOES GO HIGH FASHION

SHOE-BUSINESS

An icon in the local shoe industry, Rusty Lopez is a home-grown brand that continues to innovate and impress with their high-fashion shoes that are comfortable, affordable and fashionable. Their latest collection features colorful driving shoes in suede leather and pigskin—perfect for weekend trips—and Spartan leather sandals that are oil resistant and will mold to your feet with its pull-up cow leather. Along with these hip new items, Rusty Lopez continues with the classic leather shoes that we have all come to trust and depend on. Their formal lace-up shoes, loafers and boots are the perfect complement to your workwear ensembles, formal outfits and weekend adventures.

KIEHL'S FRESH-MAKERS

STAYING CLEAN AND SMELLING CLEAN

Taking a bath can be routinary and almost automatic —shower, lather rinse. But with this super-minty soap bar from Kiehl's, you might start to enjoy the ritual a bit more with its extra body scrubbing feature and cool feel to the skin. All your *libag* will be scrubbed away and you will be left with minty-fresh baby skin! Follow that up with their hardcore Cross-Terrain 24-hour Strong Dry Stick and run a marathon and end up the the most *mabango* finisher ever.

HIGH ENERGIE SHOES

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You know how you purposely dirty up your new shoes so they don't look so brand new? How you smear on a bit of dirt on the sides and distress the canvas a little bit to look hip and effortless? Well, Energie shoes will save you all that trouble with their instantly cool-looking shoes that look like you've had them forever. High-tech and easy to wear, these shoes will be your favorite for years to come.

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WESLEY VILLARICA

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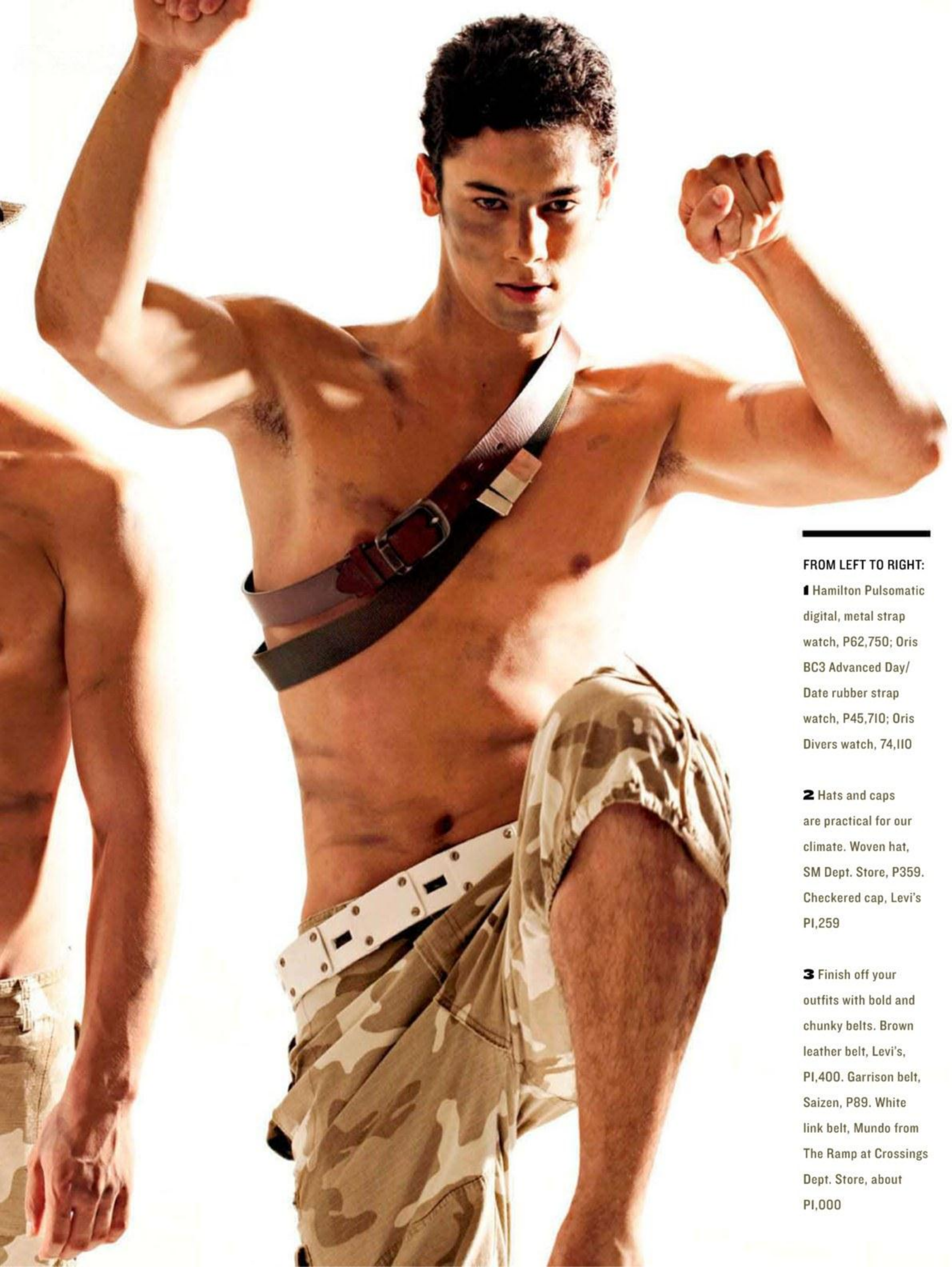

FROM LEFT TO RIGHT:

1 Hamilton Pulsomatic digital, metal strap watch, P62,750; Oris BC3 Advanced Day/ Date rubber strap watch, P45,710; Oris Divers watch, 74,110

2 Hats and caps are practical for our climate. Woven hat, SM Dept. Store, P359. Checkered cap, Levi's P1,259

3 Finish off your outfits with bold and chunky belts. Brown leather belt, Levi's, P1,400. Garrison belt, Saizen, P89. White link belt, Mundo from The Ramp at Crossings Dept. Store, about P1,000

Invest in quality bags that you can use for work and leisure. Brown leather messenger bag, The Cambridge Satche, about P7,000. Canvas messenger bag, Levi's, P3,795

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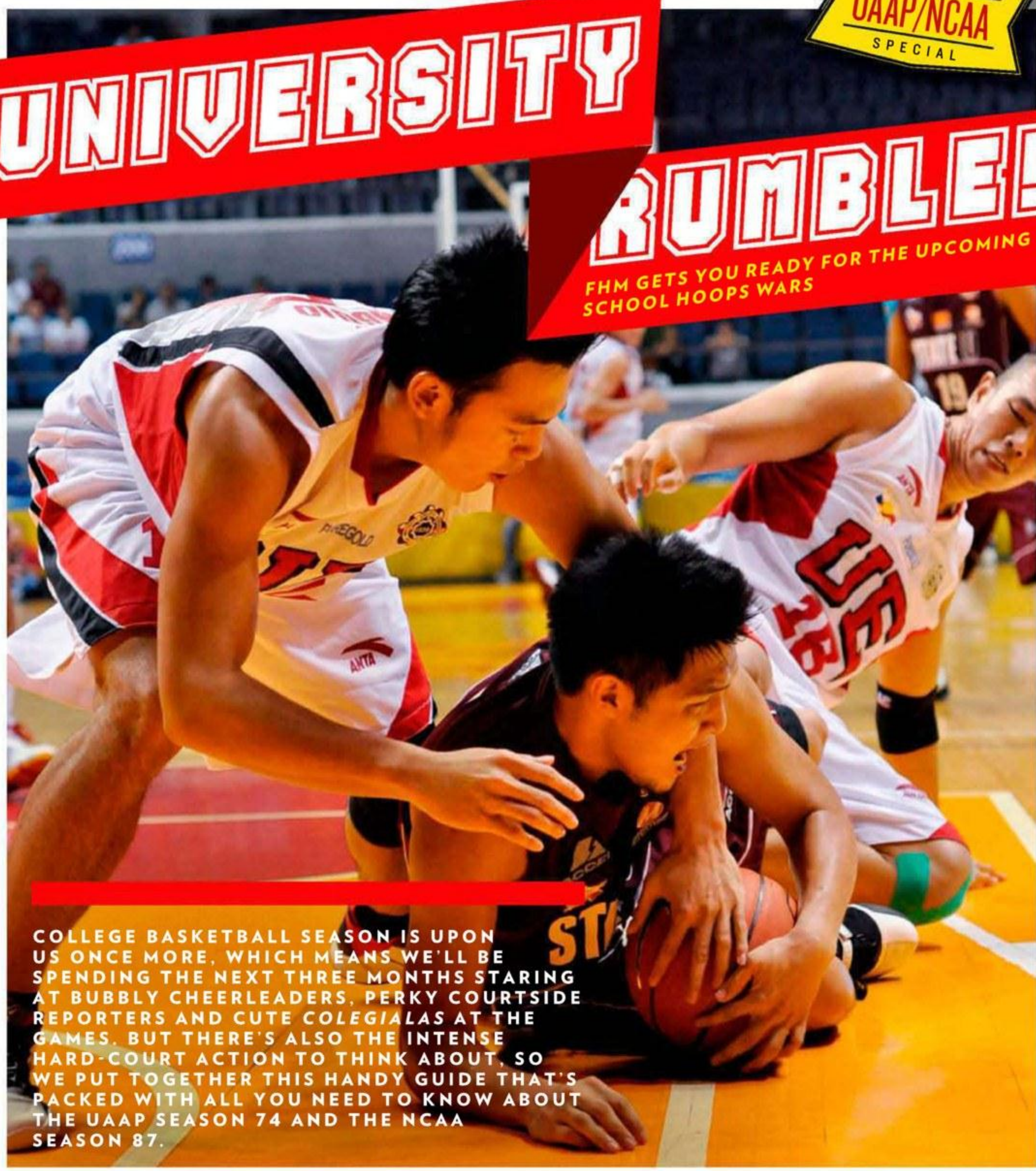

COLLEGE BASKETBALL SEASON IS UPON US ONCE MORE, WHICH MEANS WE'LL BE SPENDING THE NEXT THREE MONTHS STARING AT BUBBLY CHEERLEADERS, PERKY COURTSIDE REPORTERS AND CUTE *COLEGIALAS* AT THE GAMES. BUT THERE'S ALSO THE INTENSE HARD-COURT ACTION TO THINK ABOUT, SO WE PUT TOGETHER THIS HANDY GUIDE THAT'S PACKED WITH ALL YOU NEED TO KNOW ABOUT THE UAAP SEASON 74 AND THE NCAA SEASON 87.

WORDS: JAEMARCK TORDECILLAS; PHOTOS BY JUSTIN DE JESUS, JOSEPH NEBRIDA, PAUL CANG; SPECIAL THANKS TO INBOUNDPASS.COM

01 WILL THE REIGNING CHAMPS REPEAT?

In Season 73 of the UAAP, the Ateneo Blue Eagles bucked the loss of veteran leaders to win their third straight title. Norman Black's 2010 squad wasn't as dominant as its previous incarnations, but still swept Far Eastern University Tamaraws in the finals. This year, the Eagles will lose guard Eric Salamat (graduation), but they'll bank on freshman phenom Kiefer Ravena and Smart Gilas giant Greg Slaughter as well as the steadily improving Nico Salva and Kirk Long to book their fourth consecutive bonfire celebration.

On the other side of the metropolis, don't expect San Beda to tear through the field this season the way they did last year, when it went undefeated in 18 games to win the crown. The loss of starting point guard and spiritual leader Borgie Hermida will take time getting used to, but Coach Frankie Lim still has the most weapons in the league at his disposal to win the team's fifth crown in the last six years—high-flying center Sudan Daniels, bruisers Dave Marcelo and Jake Pascual and the mercurial Rome de la Rosa.

So will both teams repeat? Our magic eight ball says "probably" and "yes."

02 WHO CAN CHALLENGE THE CHAMPS?

Expect the Adamson Falcons and the Mapua Cardinals to make a lot of noise this season. Both are well-coached teams with steady veteran leadership.

Adamson is led by the two-headed point guard attack of Lester Alvarez and Jerick Cañada, while veterans Jan Colina, Alex Nuyles, Eric Camson and the rest of Coach Leo Austria's crew should be well-served by their playoff experience last season.

Mapua lost top scorer Erwin Cornejo, but hotshot guards Allan Mangahas and Jonathan Banal have been lights out in the pre-season. What makes the Cardinals dangerous, however, are two blue-chip rookies on their roster: 6'7" Fil-Palestinian Yousef Taha and 6'3" Fil-American Josan Nimes.

But if you're looking for standout challengers, it's likely that Ateneo and San Beda will again face perennial powerhouses FEU and San Sebastian respectively come finals time.

Last year's UAAP bridesmaid FEU practically has an intact lineup with defending MVP RR Garcia, Rookie of the Year Terrence Romeo and Smart Gilas players Aldrech Ramos and JR Cawaling leading the charge. Meanwhile, the NCAA runners-up Stags will still have streak-shooting guard Ronald Pascual and Calvin "The Beast" Abueva, who's regarded as the best inside operator in the league.

03 KIEFER RAVENA OR RAY PARKS?

Forget Ateneo vs. La Salle. For real hoop addicts, the most intriguing match-up in all of college basketball this season involves two red-hot rookies: Ateneo's Ravena and National University's Ray Parks. Both have basketball pedigree—Kiefer's dad Bong was the 1992 PBA Rookie of the Year, while Ray's father Bobby was a seven-time Best Import winner in the PBA.

These kids, however, are looking to make their marks beyond these shores, and dream of making it all the way to the NBA.

Parks played high school basketball in Memphis, where he scrimmaged with elite college players who are now in the NBA, such as Derrick Rose, Tyreke Evans and Chris Douglas-Roberts. He was also recruited by a number of US NCAA Division I programs and even signed a letter of intent to play for Georgia Tech. But he decided to stay in the Philippines to begin his college career with the rejuvenated NU Bulldogs. The underdog label, he says, is something that he welcomes.

Ravena, meanwhile, has been baptized by the Ateneo faithful as the Chosen One. While he's currently focused on leading the Blue Eagles to a fourth straight championship, thoughts of going stateside continue to linger at the back of his mind.

A mythical five member of the 2010 FIBA-Asia Under-18 tournament, Ravena has been told by American coaches that he could one day play college basketball in the United States, which is the "first step" toward his NBA dream. "*Hindi ka naman siguro pwedeng mag-college dito sa Pilipinas, tapos mag-e-enter ka ng* NBA draft," he tells us. "So *kailangan mo talagang mag-college dun para makapag-NBA.*" If a top-flight American college program recruits him, he's sure that the Ateneo community wouldn't mind him leaving to pursue his dreams.

So try to catch these two guys live while you still can. There's no saying where they'll be in a couple of years.

04 ARE THERE ANY COACHING CHANGES WE SHOULD KNOW ABOUT?

Well, the coaching carousel was in full swing during the offseason, with six schools (out of the combined 18) making changes:

Bert Flores, FEU
Replaces: Glenn Capacio
This is Flores's second stint at the helm of the Tamaraws; he coached an FEU team led by Arwind Santos to the championship in 2005

Eric Altamirano, NU
Replaces: Eric Gonzales
Altamirano returns to the UAAP sideline after coaching his alma mater UP in 1996

Jerry Codiñera, UE
Replaces: Lawrence Chongson
Codiñera teamed up with Allan Caidic in the Warriors' 1985 championship team

Ricky Dandan, UP
Replaces: Boyet Fernandez (interim)/Aboy Castro
Dandan brings stability to the Maroons after last season's coaching fiasco that saw Castro being fired three games into the season

Arturo Valenzona, San Sebastian
Replaces: Ato Agustin
One of the most successful coaches in college ball, Valenzona led a San Sebastian team bannered by Rommel Adducul to five straight NCAA titles in the '90s

Gerry Esplana, EAC
Replaces: Nomar Isla
The former FEU point guard makes his coaching debut for the San Marcelino-based school

5 WHICH TEAM BADLY NEEDS TO WIN THE TITLE?

A person born during National University's last championship would be approaching retirement; the Bulldogs haven't won a championship since 1954, a good 57 years ago. Meanwhile, the Perpetual Help Altas are the 27-year-old virgins of major college basketball programs; since joining the NCAA in 1984, the team has not won a basketball title.

NU
Title Drought: 57 years
Last Championship: 1954

UPHD
Title Drought: 27 years
Last Championship: Never won a title; joined the NCAA in 1984

JRU
Title Drought: 39 years
Last Championship: 1972

UE
Title Drought: 26 years
Last Championship: 1985

ADAMSON UNIVERSITY
Title Drought: 34 years
Last Championship: 1977

UP
Title Drought: 25 years
Last Championship: 1986

06 ARE THERE ANY MORE NEW HOTSHOTS?

The influx of talented newbies in college basketball goes beyond just Kiefer and Ray. De La Salle University has a bumper crop of recruits led by versatile Fil-Canadian big man Norbert Torres as well as former San Beda Red Cub beanpole Ponso Gotladera.

Apart from Parks, former national youth players Kyle Neypes, Cedric Labing-isa, Joshua Alolino and Chris Michael Tolomia will be making their debuts as NU Bulldogs. Ateneo's bench will be bolstered by standouts Gwynne Capacio and Cebuano sensation Mark Tallo. Reigning UAAP juniors MVP Kevin Ferrer, meanwhile, decided to stay home at UST.

In the NCAA, much is expected of three high school standouts who decided to stay home: former Red Cub Baser Amer, who's penciled in as San Beda's starting point guard; Gino Jumao-as of San Sebastian, who surprised everyone by lending his high-scoring ways to the Stags; and former Letran Squire Mark Cruz, a spitfire guard like his brother PBA player Marvin.

7 WHICH PLAYER SHOULD A SCORING-HUNGRY FAN WATCH?

CARLO LASTIMOSA
St. Benilde
17.3 ppg
A nephew of PBA great Jojo Lastimosa, he won the NCAA Rookie of the Year award last season

KEVIN ALAS
Letran
12.8 ppg
A fearless penetrator, Coach Louie's son is great at shooting trick shots under duress

MIKE SILUNGAN
UP
11.3 ppg
A highly-touted Fil-Am from Chicago, Silungan is trying to put last year's 0-14 campaign behind him

ANDRIAN CELADA
Arellano
17.2 ppg
Celada is a big man with no conscience, taking an average of more than seven three-pointers a game last season

JERIC TENG
UST
12.9 ppg
Son of former PBA all-star Alvin Teng, Jeric is no Robocop; he burned Ateneo for seven three-pointers in a game last year

RR GARCIA
FEU
15.9 ppg
With UE's Paul Lee graduating, reigning MVP Garcia becomes the most lethal scorer in the college rank today

THE COLLEGE HOOPS FAN'S HANDBOOK

FHM'S QUINTESSENTIAL GUIDE TO ENJOYING COLLEGE BASKETBALL

One of the greatest things about college basketball is that it will always embrace old and new fans. You don't need to, say, know the difference between a deliberate and an offensive foul to cheer in the stands. It only takes wearing the school colors and you're one of us. We, and of course, our beloved teams, want you to be there.

Unless, of course, you become that fan. The game equivalent of the guy in the moviehouse who kicks the backseat, whispers spoilers out loud, or taps his girlfriend mid-laugh at the tailend of a punchline to ask, "*Ano raw*?"

Don't ruin the experience for the rest of us. Most rules about fandom remain unspoken—it's about time that we let you in on some of them.

1 BUY YOUR OWN TICKETS. MOST, IF NOT, ALL OF THE TIME

Every season, true fans have their own saga in securing tickets, especially come crunch time in college hoops, which includes the Final Four and Championships.

We have all been desperate. We've bugged semi-friends who haven't heard from us in a long while because of their connection to the UAAP or the NCAA.

Sure, it's normal to succumb to that moment of weakness, but once should be enough. That'll never ever count as legitimate sports tradition. What really passes for a rite of passage at one point in fandom is waking up at dawn (possibly skipping class or work) to line up (and not having someone line up for you, sissy) for tickets. Imagine the risk of texting someone who does have tickets but had to do exactly that just to get them. And you want your share?

Besides, if these people had a surplus of tickets, they'd be advertising on social networking sites or sending text blasts about needing to get rid of them. No one's offering tickets for the simple reason that they're likely sold out.

2 CHEER (OR JEER) LIKE YOU MEAN IT

As a tip, avoid alluding to real-life personal problems of players, like getting a girl pregnant or poverty. First of all, these jocks—popular and usually standing above six feet—can easily kick your ass or steal your girl. Second, down the line, when college prodigies (the ones loved/hated the most) turn pro, the money you earn in a year, they make in just a month.

Other fans, even if you root for the same team, can get on your nerves. There is the guy in front of you who practically stands up on every play, blocking your view of the court. You're probably wondering, how the hell do we tell him to sit down without cramping his style? Well, we don't. Get off your ass yourself—this isn't the theater. Well, sometimes it is, but not the "acting" kind. And most likely, the reason he's standing up is because the guy in front of him is blocking his view. So let him be.

Another tip: Get better seats, cheapskate.

Also, be considerate about using fan paraphernalia. Immediately put your sign or thunder sticks down after you've had them up for a bit. This isn't halftime. Or the cheer-dance competition.

3 DON'T CALL THE SHOTS

There are always a few "experts" from either side who need to understand that they're not in the game. Fans watch live matches not to endure amateur play-by-plays. It's like stating the obvious.

Of course, some amount of running commentary by enthusiasts of any sport is to be expected. Hollering at the bench to pull out their point guard after three straight turnovers is acceptable. Yelling, "*Baaabaa*!!!" is probably reflex from a lifetime of playing pickup games, so it's all good.

It's not easy to shut up about the things that we love or obsess about. Save the dissertation post-game over drinks, or if you just witnessed a classic, even the days ahead.

Even if your analysis of the Xs and Ys during the actual game is on point, keep it short and keep it down. The players can't hear you, much less their actual coaches whom you have to trust that for the most part, know what they're doing.

And for the love of Robert Jaworski, do not throw stuff onto the court, no matter how *luto* you think the game is.

4 WIN OR LOSE

Unless there's some kind of emergency at home, do you really need to beat traffic or get a head start in the commuters' crush, and leave at the final buzzer? Whether you win or lose, stay until the very last note of your school hymn and the players step off the court.

It's routine for the winning squad to go first. No matter how heartbreaking or down-the-wire the loss was, man up and resist the urge to boo while they're passionately singing praises of their alma mater.

Remember, sore losers are never cool, no matter the circumstances.

What makes college sports special is the shared ritual. This is probably the only occasion outside of national games where instead of rooting for a brand of alcohol or mobile company, you get to chant the name of the team that you're profoundly connected to. Enjoy it.

CELEBRATE CORRECTLY, ARM YOURSELF WITH CORRECT FAN GESTURES

1 THE SWISH

Raise one or both arms (when really dramatic, this can be the setup for a double high five) right before the shooter on your team is about to release the ball. Before the ball goes through the net, your shooting hand should do the follow-through motion. Have it stay in that position until the ball drops. Use during three-point plays, game-changing threes, and shooting streaks from the perimeter.

2 THE 'COUNTED!'

Not to be confused with The Swish, use this gesture when the ref takes some time before calling if a shot counts or not, like if it's a buzzer-beater or a violation may have been committed (offensive fouls, stepping on the line, among other possibilities). Ball your hand into a loose, partial fist with just the pointer finger excluded. Raise that arm and do a dipping motion with your pointer finger while repeatedly yelling, "Counted!"

WORDS: CAROL H. PAJARON; ILLUSTRATION: MARI ISABEL CARMEN A. MALICDEM

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JOYPAD 72
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JOYPAD 81
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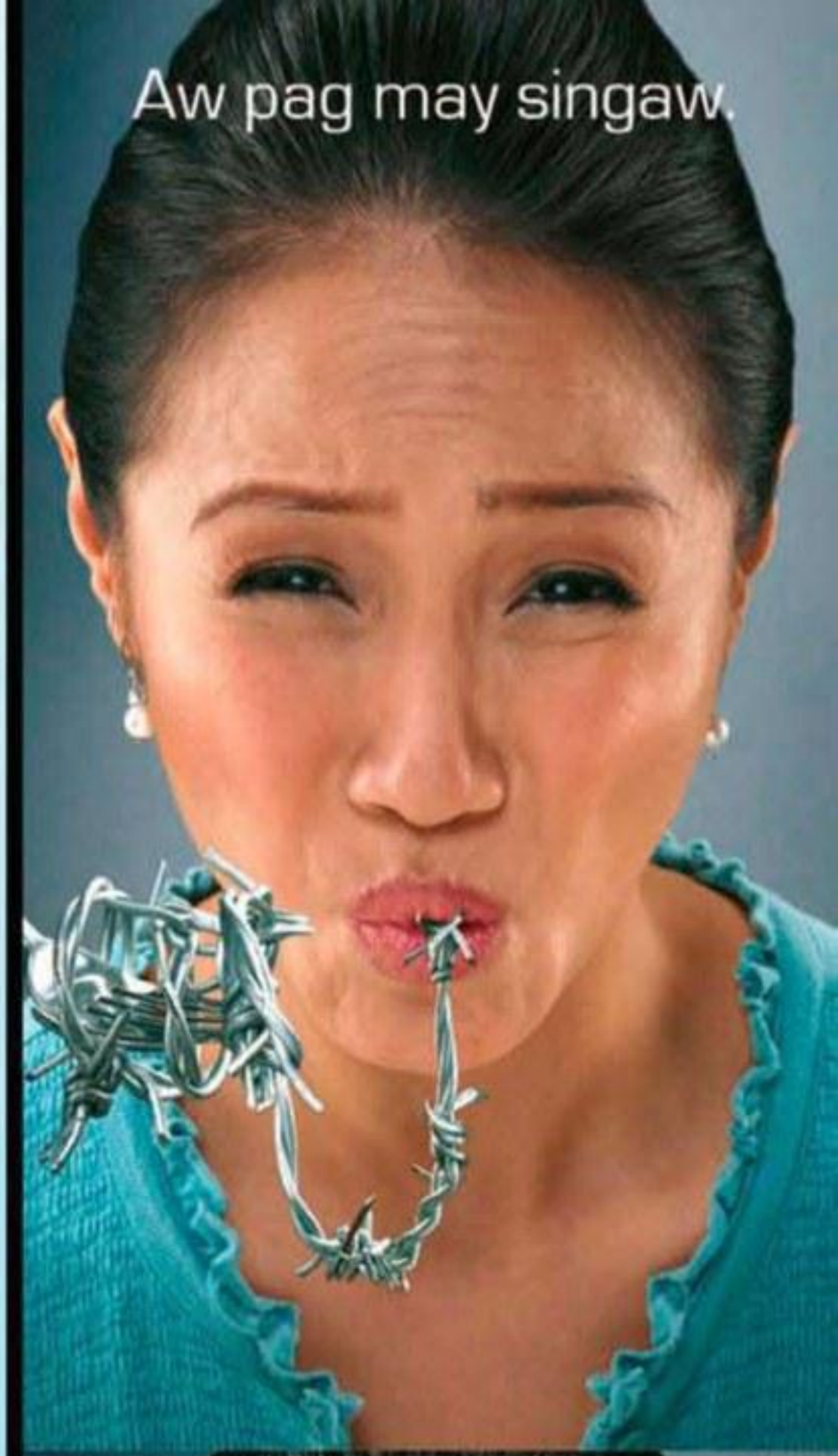

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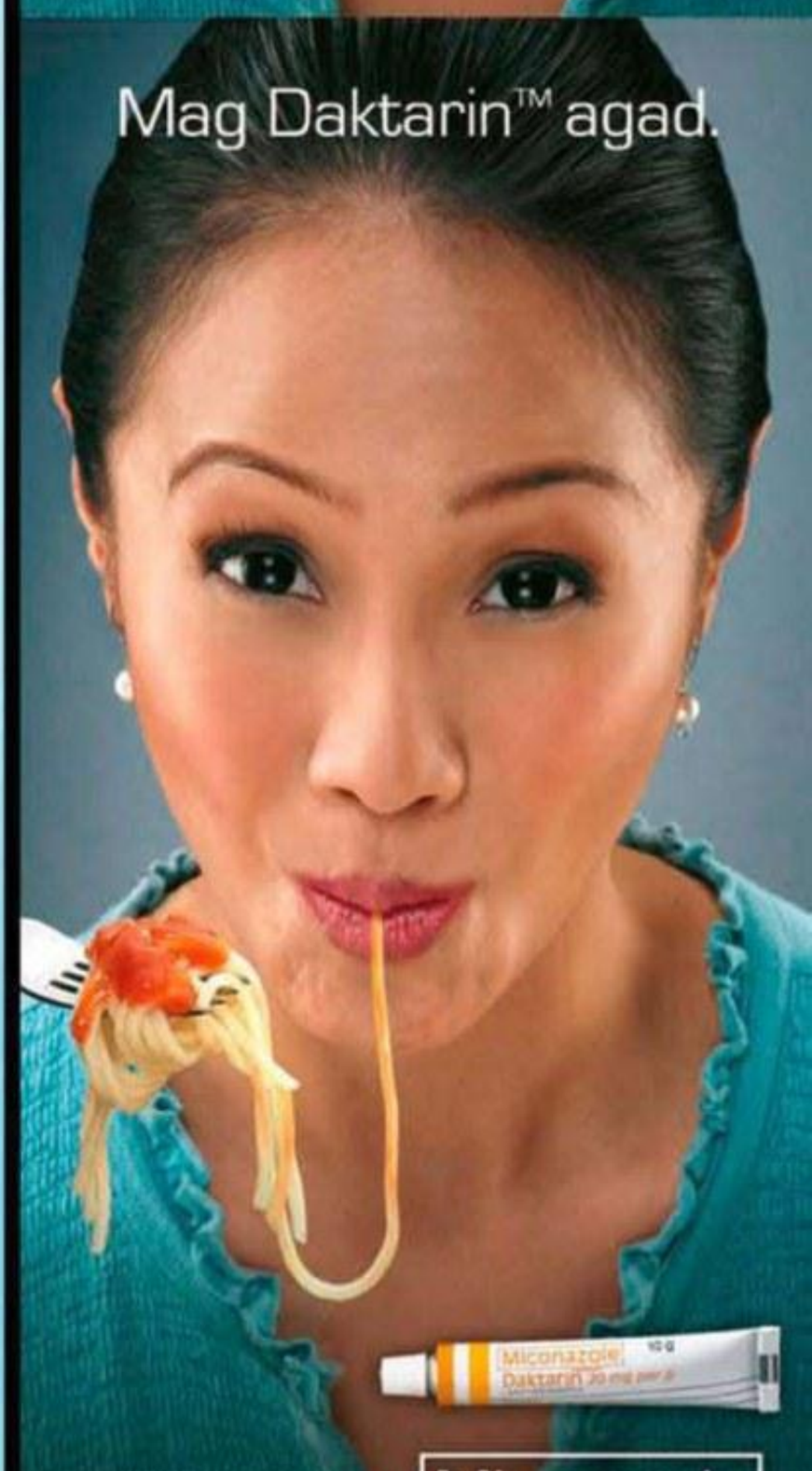

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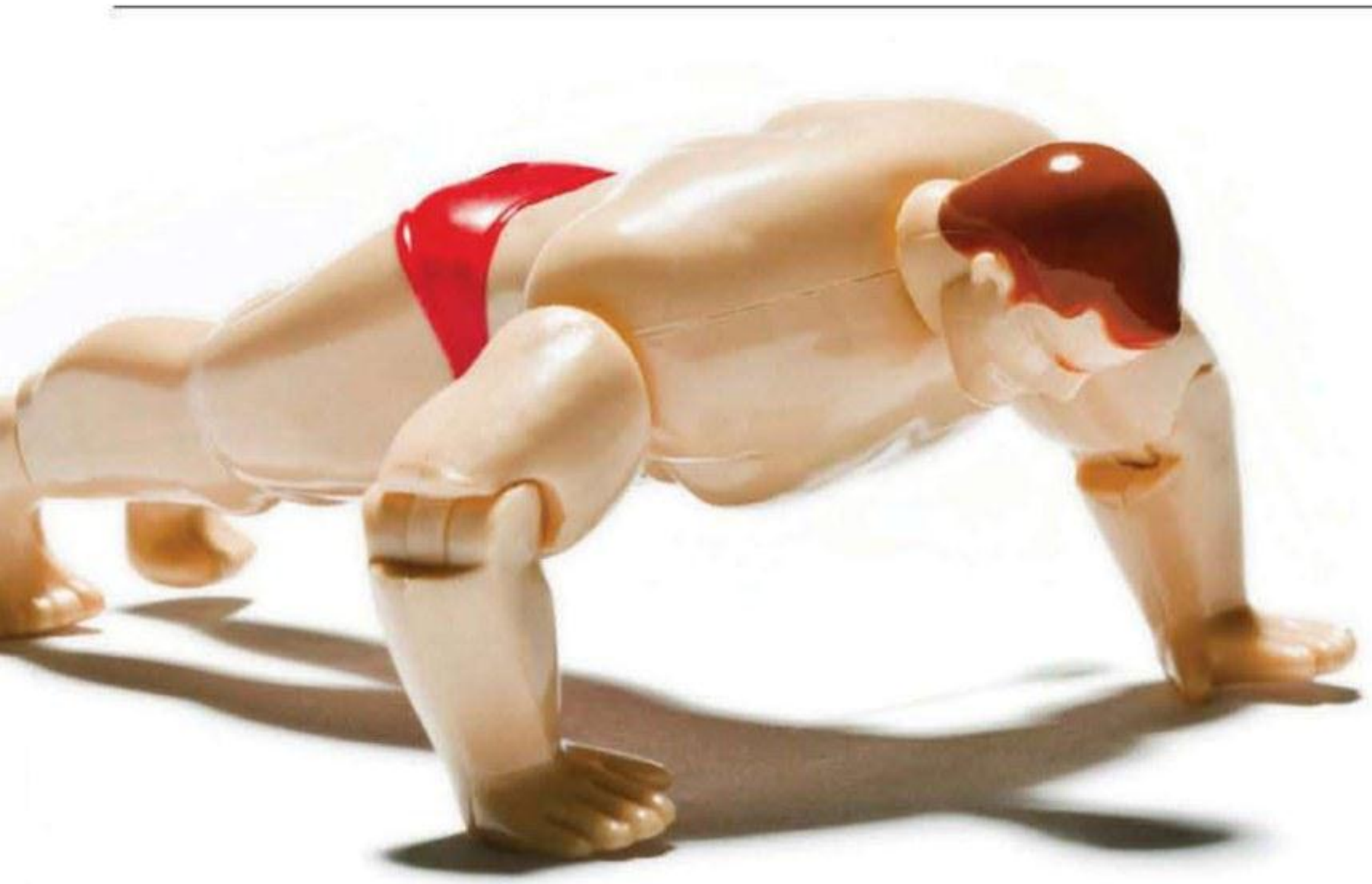


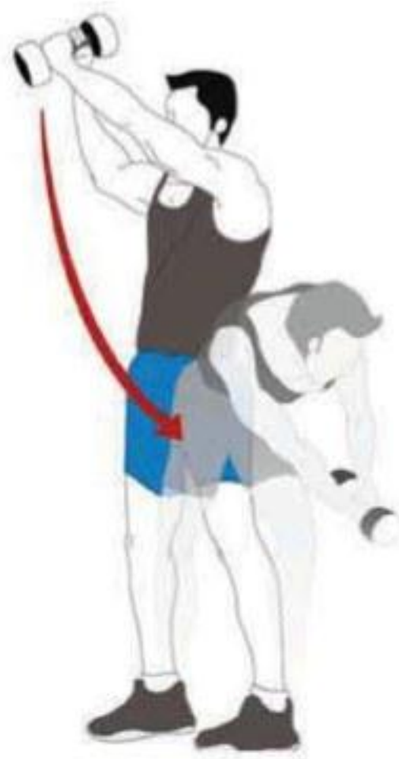
1 SHOULDERS AND CHEST

Swimmers have strong shoulder and chest muscles because they use it often for the different strokes of the sport. "[Especially] for the butterfly stroke, *sabay ang* movement *ng* chest and shoulders. Up and down, *nagagamit talaga*," says Genesis Mendoza, assistant coach for the San Beda Sea Lions, the reigning champions of the NCAA Swimming competition. Because these two muscles do a lot of work, Mendoza says the team also hits the weight room on alternate days from pool training. Two of the upper body exercises they do are wood choppers and shoulder presses.

HOW TO

Shoulder Presses

Position your elbows to shoulder level while holding a dumbbell on each side. Press the dumbbell up and return to the starting position.



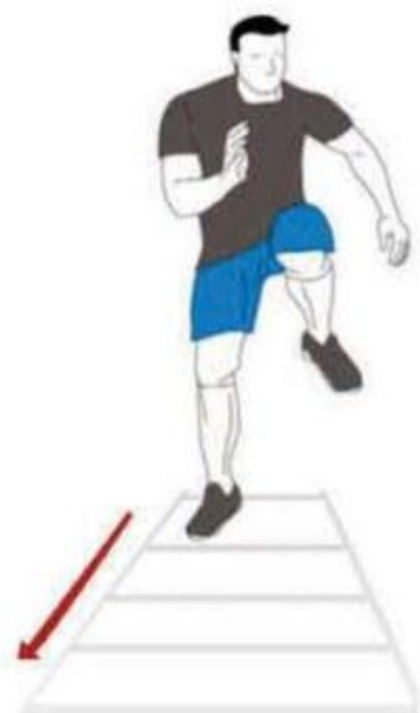
Wood Choppers

Hold a dumbbell with both hands and stand with your feet shoulder width apart. Hold the dumbbell above your right shoulder and, as you would an ax, swing towards your left side bending and twisting your waist in the process. Pause and slowly return to the starting position.

2 FEET

Football players have the quickest lower appendages among athletes. They have to be able to run and easily change directions while controlling the ball with their feet. Coaches make sure that they are always agile to keep pace with the game. "We have a lot of agility exercises like ladder drills, drills with and without the ball, and lateral movements. *Ang importante* you're on your toes and you do it as quickly as possible," says Andres Gonzales, head coach of the University of the Philippines (UP) men's football team.

HOW TO



Ladder Drill

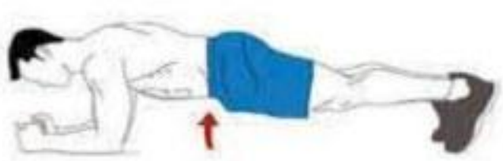
This is a basic drill done by football players using a string contraption that resembles an actual ladder. Start at one end of the ladder and quickly step inside the first square with your left foot first, quickly followed by your right. Then step out in the same order. Continue doing this while moving forward until your reach the end of the ladder.

WORDS BY: WAYNE JOSEPH TULIO; ILLUSTRATION: MARI ISABEL CARMEN A. MALICDEM; MAIN PHOTO: GETTY IMAGES; INSET PHOTO: NEIL GOULD, GALLERY.GOULDNET.NET

3 CORE

Volleyball players have great control of their bodies as they jump for blocks and spikes and dig for balls. This comes from ruthlessly training their core muscles—important across all sports. "The core muscles are the pillar *kung saan galing yung* strength that flows to your extremities," says Raymond Pili, PTRP, team physiotherapist for the Ateneo women's volleyball team. Your core muscles are essentially your trunk, and it's important that they're strong and stable. According to Pili, some of the exercises they do are supine bridges and planks—which both effectively target your core.

HOW TO



Planks
Assume the plank position with your forearms and toes on the floor. Raise your hips off the ground with your body straight and your shoulders aligned with your toes. Hold this position for 30 seconds. Rest, then repeat for desired number for reps.

Supine Bridges
Lie on the floor and bend both your knees to a 90-degree angle and keep your feet flat with your arms at your sides. Lift your pelvis off the floor and pause. Then go back to the starting position and continue for the desired number of reps.

4 LEGS

When it comes to leg strength and power, track and field athletes take the cake. "Strong legs are essential because it's the initial part of the body where we transmit the force from the ground to the rest of the body," says Eski Ripoll, MSc, head strength and conditioning coach at SPARC sports performance center, which handles programs for the different teams of Far Eastern University (FEU). He adds that track athletes dedicate a lot of time in developing their legs because "it automatically equates that if you have weak legs, you simply won't win." To endure the constant pounding of running and jumping, the squat is an exercise that doesn't disappear from their weight-training regimen. It works the hips, thighs and your gluteus all in one move.

HOW TO

Squat
While standing, place a barbell with your desired weight on your shoulders and your head in front. Keeping your back arched, slowly lower yourself down until your thighs are parallel to the floor. Pause and return to the starting position.

SPORTS FOOD

RUNNING, LEAPING AND CARTWHEELING THEIR WAY INTO YOUR FAVORITE UAAP ATHLETES' MOUTHS AND FOOD REGIMEN

ATHLETES DO DIETS

"A diet can spell the difference between having the edge athletes need for their performance, and making them weak and sick at the extremes," says FEU sports nutritionist Arabella Ripoll. "If they're not eating enough for their requirement, there is a big possibility that their bodies will not recover from their training. Effects are that they can get sick easily."

FOOD REQUISITES

"FEU athletes have their own cafeteria, so I can keep track of their eating habits. The usual meal consists of rice, chicken or fish and vegetable plus they always have fresh fruits for dessert. These should all be eaten on a daily basis," says Ripoll.

GOOD VS. BAD CARBS

Bad carbs are rich in both carbs and high fat content. The good guys are just carbs without the protein and fat content. Common sense tells athletes to avoid the bad, and stuff their face in moderation of the good. An example of bad fat: "Pizza. Some of it depends on toppings, but cheese and meat together make it high in saturated fat," explains Ripoll. Examples of good: "Rice, corn and potato. But potato deep fried and made into french fries is already 'bad carbs.'"

CARBO-LOADING

"I've come across studies that say carbo-loading by itself won't increase glycogen level storage (or the body's source of energy)" Ripoll says. "In other words anything in excess will be converted into fat. So bottom line is you eat depending on your weight and activity."

WHEN TO EAT LIKE YOUR FAVORITE UAAP ATHLETE

"The critical meals are the day before and hours before your event," says Ripoll.

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SALMON
Its B12, iron and protein are all needed for any movement-heavy performance. Plus Omega3 fatty acids, should in the sporting process your body decides to have a heart attack.

YOGURT
Dede-in-chief for calcium. But unlike milk, assists worked-out flesh jelly to transition into lean and defined meat (muscle metabolism), and fends off fatigue.

OATS/OATMEAL
Carbs, B Vitamins and the ability to sponge your bloodstream clean of bad fats and cholesterol, while keeping satiated and not needing to grab another food source soonest you lift a limb.

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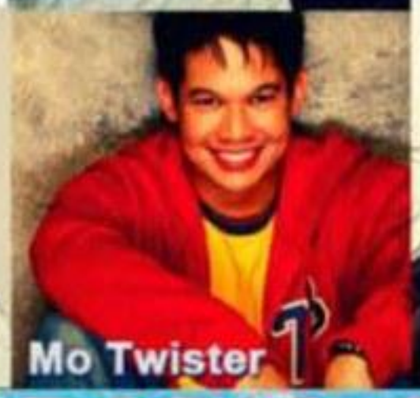

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04 CLIMA SUPERNOVA RUNNING SHORTS
Sweat is released through mesh inserts and, as an added bonus, you don't make embarrassing swishing sounds from cheap fabric either.
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05 CLIMA 365 TRAINING SHORTS
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06 FLUID TRAINER LIGHT
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WHERE COLLEGE SPORTS DIEHARDS MEET IN THE VAST INTERNET LANDSCAPE

INBOUNDPASS.COM

What it is: A portal for anything and everything college basketball.
Who's behind it: College hoops diehards Chris Soler, Mike Abasolo, Charlie Cuna and Sid Ventura
What's the big deal: It's run by people who live, breathe and dream college basketball. The site is loaded with recaps, columns and insider info that will satisfy even the most ardent hoops fans. It also delivers instant game updates from even the most obscure pre-season leagues, which is further proof of how fanatical the site's moderators are.

BLEACHERSBREW.BLOGSPOT.COM

What it is: A blog focusing on everything sports
Who's behind it: Sports journalist Rick Olivares
What's the big deal: Olivares is witty, hard-hitting and extremely passionate. He's also good with building relationships with players and coaches, equipping him with precious information. But what makes it really standout is its UAAP football coverage—read: bar none.

RPSPIKER.PROBOARDS.COM

What it is: A forum for diehard volleyball fans.
Who's behind it: Ran by multiple moderators
What's the big deal: It's arguably the best source for college volleyball news and rumors. Any possible info about any possible recruit from any possible school will probably appear here first. But what makes this site all the more impressive is how well-run it is. The moderators keep a tight leash on trolls and bashers, keeping the forums clean and on-topic.

SPIKEITHARD.COM

What it is: A passion project by a couple of hardcore volleyball fans.
Who's behind it: A group of volleyball enthusiasts led by Benj Zabat, Jannie Gavile and Bea Samson
What's the big deal: It has in-depth articles and analyses. Every post is also very personalized, making it a nice break from the usual robotic recaps.

SOCCERCENTRAL.PH

What it is: An online hub for Philippine football.
Who's behind it: A community bent on bringing football glory to the country.
What's the big deal: Although this is not an exclusive site for college football, it's got enough UAAP football stuff to waste time over—think recaps and photos. Soccer Central also carries news about UAAP players competing for the Azkals (UST's David Basa and Yannick Tuason) and Philippine U-23 Team (UP's Stephen Permanes and UST's Ojay Clarino).

CHESSWINDOWS.BLOGSPOT.COM

What it is: One of the few websites dedicated to Philippine chess and most importantly, the chess wars in the UAAP.
Who's behind it: The site is updated by a moderator named Rusticbull.
What's the big deal: News feeds, match results and schedule of chess matches can be found here, but it's also home to several UAAP news archives from different publications. Also, you can play software chess games with other site visitors.

YOURBADMINTON.COM

What it is: A badminton database/website compiling the most relevant news about the sport, from the UAAP to other minor league tournaments.
Who's behind it: There's no information about the moderators, but site testimonials suggest the site has a decent fan base overseas as well.
What's the big deal: The site displays product reviews, contacts to badminton coaches and players, and a pretty precise badminton court database. But you'll have to wait for the UAAP season to get going for stories about the college tournament—translation: no previews or primers, just good old reportage.

PINOYATLETA.COM

What it is: A portal for Pinoy athletes, both amateur and pro
Who's behind it: The folks from Systema Computer Solutions Corp.
What's the big deal: It's like Facebook for athletes: you'll have to register to be able to interact with other members and join groups that share common interest in a specific sport. Think of it as an online sports community, and you, being a collegiate sports fan, can form up your own gang of UAAP fanatics.

WORDS: PAOLO REYNALDO AGULTO

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TALES OF MISHAP: MOST WELCOME!

KISSING LEADS TO *KOTONG*

On a Saturday, I picked up my girl from school and brought her to the nearest mall for us to grab some lunch. After eating, we decided to walk around to look for a good place to spend quality time together. We ended up sitting and talking on an isolated staircase that was still under construction. While we were talking, she began teasing me. *Pikon* that I am, I decided to kiss her so she'd shut up. The scene got intense as she started to French kiss me back. It was a quick but heated moment for both of us until, to our surprise, we saw two security guards watching over us with disappointed looks on their faces. They brought us to their office and there we were interrogated. They scolded us, saying we'd never land a job after graduation as soon as they filed a report. We were so humiliated. What's worse, they asked for a bribe of some sort in exchange our freedom. We were so scared that we complied when the guards asked for our new mobile phones. Those damn *buwayas*!

Caps, by email

DOOR WIDE OPEN

I've always been passionate about dancing. Sometimes, I bring this love of the craft into my bathroom. One day as I was getting my groove on while lathering in the shower, I forgot to close the damn bathroom door. In the middle of my very private ritual, I had a glimpse of the door in the mirror. To my horror, there were three heads bobbing in and out of the doorframe. My cousins were giggling while watching me dance like an idiot the whole time. And it was all caught on tape!

Baby, by email

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RAISE THE ROOF

It was our first payday from work so our group decided to throw a party in one of our coworker's place in Antipolo. Sad thing for me was I had a scheduled drinking session with my old circle of friends in Quezon City early on that night. After my first drinking spree, I decided to catch up with my officemates in Antipolo. By this time, I was already dead drunk. When I got there, my friends were teasing me to try puffing some doobie with them. To show that I got balls: I puffed once, twice, thrice and then all went hazy. Next I remembered was the scorching heat of the sun waking me up. It was already 8a.m. and I'm on the rooftop. Alone! All my companions already left. The lesson here: Mixing alcohol and weed can lead to sleeping on the roof.

Erin, by email

STORY OF THE MONTH!

CAUGHT IN THE ACT, NOT!

My friend and I went to the mall to eat dinner. As we fell in line in the crowded food court, I saw someone carrying my bag. When the man was about to leave, I left the order line and ran after him, "*Bilis, baka makatakas*!" I recall thinking to myself. I was so angry that I started cursing as soon as I got hold of him, "*Tangina mong magnanakaw ka*! Bag *ko yan*!" My anger immediately turned into humiliation as the guy flipped the nametag on the bag with his name written on. The damn bag was only a look-alike. I was so embarrassed I wanted to crawl under the chair and hide. I felt really bad. All I could do at that point was apologize and run away. So Mr. bag-owner, if you're reading this right now, sorry again! My bad!

Adrian, by email

ILLUSTRATION: GILBERT DAROY

WATERWORKS!

DRENCHED IN EMBARRASSMENT

I once pulled a snazzy outfit, wearing a dress with matching heels and bag for my school presentation. When I checked the clock, it was already late. So I braved the rainy weather and ran as fast as I could to class. When I got there, I realized that I was dripping wet from head to toe. But, hey, at least I still managed to do my presentation. **Chea Dela Llana, 23**

I used to live in a dormitory inside the campus when Bagyong Milenyo hit. My dorm mates decided to go out and play in the rain. We went to the field and played like kids. We threw mud, dirt and frogs at each other. Imagine our fear when the landlord caught us, especially when we had told him we're going out to buy groceries and candles. **Alex, 22**

Rain fell during one *inuman* session in my friend's apartments. All drunk and crazy, we sang and danced under the rain! Then we decided to do something we've been dying to try: lie down on the street like dead people. As pedestrians came by to check on us, we'd stand up and scare them. **Elie Odigie, 20**

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